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TITLE: PTSD Trajectory, Co-morbidity, and Utilization of Mental Health services among  
National Guard Soldiers

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14. ABSTRACT This research will assess mental health and mental health service utilization over time among a representative sample of National Guard forces, within a multivariate causal framework taking into account life course experiences together with combat history, other military experience and civilian traumatic event experiences as determinants of mental health. We focus on the prevalence and correlates of PTSD and other mental illness and health service utilization, but also on the <i>trajectories</i> of PTSD and co-occurring psychopathology over time. The scope includes developing, piloting and implementing a structured survey for a random sample of Reserve members. Findings from analyses of all three waves of the survey will be disseminated to key stakeholders. To date, we have constructed a survey that contains modules on (1) risk or protective factors for psychological morbidity over the life course (general traumas, psychological resources, life and family concerns), (2) mental health (depression, PTSD, emotional health history), (3) service utilization patterns (use of mental health resources). Additionally, we have developed the infrastructure for high volume contact, interviewing and tracking of eligible Reserves. Further, we have just received clearance for contact information on eligible Reserves, making contact and survey piloting imminent.					
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## INTRODUCTION

This work will assess mental health and mental health service utilization over time among a representative sample of the National Guard forces, within a multivariate causal framework that takes into account life course experiences and circumstances together with combat history, other military experience (e.g. humanitarian activity and activation for state missions) and civilian traumatic event experiences as determinants of mental health in this group. We focus here not only on documenting the prevalence and correlates of PTSD and other mental illness and health service utilization among these forces, but also on documenting the *trajectories* of PTSD and co-occurring psychopathology over time among these forces. Although there is a growing literature about the mental health and mental health needs of active duty military personnel, this would be the first study, as best we know, that has focused explicitly on the experience of the Reserve forces. For the reasons mentioned above, this group needs to be identified as a separate study population so that the special issues associated with their service can be examined. This study has implications for early intervention after exposure to traumatic events (including combat experiences and domestic deployment), training of the RC, and education of commanding officers and military leadership.

## BODY

### STATEMENT OF WORK

Task 1. To develop a structured survey instrument that will assess (a) factors throughout the lifecourse that may be risk or protective factors for psychological morbidity among National Guard Reserve force members, (b) mental health, and (c) service utilization patterns among Reserve force members.

Milestone: The final version of the survey instrument has been developed and contains: (a) risk or protective factors for psychological morbidity over the life course (e.g. modules on general traumas, psychological resources, life and family concerns), (b) mental health (e.g. modules on depression, PTSD, emotional health history) (c) service utilization patterns among reserve force members (e.g. use of mental health resources). Please see Appendix I for a copy of the survey.

Task 2. To obtain final IRB approval from relevant local institutions (UM and USUHS) and Department of Defense.

Milestone: Final IRB approval has been obtained from all 3 institutions; UM, USUHS, Department of Defense.

Problem Area: The need for approval from 3 separate IRBs has led to delays in acquiring the necessary approvals in a timely manner due to contingencies generated by cross Board variations. Further, gaining access to contact lists of eligible Reserve forces for study recruitment, required review by two additional IRBs (OASD/HA TMA and DMDC).

Resolution: We can now report that we have received approval from the two additional Boards noted above and are in the process of acquiring the contact information to begin the recruitment process.

Task 3. To pilot test the instrument with a random sample of Reserve forces and modify the instrument as necessary to adequately reflect Reserve force experiences.

Milestone: Not yet completed (Please see Problem Area and Resolution under Task 2).

Task 4. To implement the survey among a randomly selected sample of 1,000 Reserve force members using a combination of telephone and web-based techniques.

Milestone: Not yet completed (Please see Problem Area and Resolution under Task 2).

Tasks 5 – 9 are not yet due.

## KEY RESEARCH ACCOMPLISHMENTS

- Survey constructed
- Requisite IRB approvals obtained
- Acquisition of contact lists for eligible Reserves in progress
- Presentations at Military Health Research Forum (Please see Appendix II).

## REPORTABLE OUTCOMES

Behavioral health consequences of deployment among reserve and National Guard forces. M.R. Prescott, R. Gifford, R. Ursano, C. Fullerton, S. Galea. Abstract. Military Health Research Forum, Kansas City, Missouri. September 2009.

Trajectories of Mental Health Among Reserve and National Guard Forces. M.R. Prescott, R. Gifford, R. Ursano, C. Fullerton, C. Gray. S. Galea (2009). Poster Presentation. Military Health Research Forum. Kansas City, Missouri. September 2009.

Trajectories of Mental Health Among Reserve and National Guard Forces. M.R. Prescott, R. Gifford, R. Ursano, C. Fullerton, C. Gray. S. Galea (2009). Presentation. Military Health Research Forum. Kansas City, Missouri. September 2009.

## CONCLUSIONS

We have completed the survey, obtained necessary IRB approvals, and have obtained access to lists of eligible study participants from the Reserves. We will contact them immediately to begin recruitment and implement the Pilot Study.

No data collection has occurred to date and therefore, we have no conclusions based on outcomes to report.



## REFERENCES

Behavioral health consequences of deployment among reserve and National Guard forces. M.R. Prescott, R. Gifford, R. Ursano, C. Fullerton, S. Galea. Abstract. Military Health Research Forum, Kansas City, Missouri. September 2009.

Trajectories of Mental Health Among Reserve and National Guard Forces. M.R. Prescott, R. Gifford, R. Ursano, C. Fullerton, C. Gray. S. Galea (2009). Poster Presentation. Military Health Research Forum. Kansas City, Missouri. September 2009.

Trajectories of Mental Health Among Reserve and National Guard Forces. M.R. Prescott, R. Gifford, R. Ursano, C. Fullerton, C. Gray. S. Galea (2009). Power Point Presentation. Military Health Research Forum. Kansas City, Missouri. September 2009.

## APPENDICES

1. QUESTIONNAIRE
2. ABSTRACT, POSTER, PRESENTATION

**Mental Health and Service Utilization among Reserve and National Guard forces**  
**Questionnaire Risk and Resilience Factors for Combat-Related Post-Traumatic**  
**Psychopathology**  
**Telephone Consent and Survey**

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## Risk and Resilience Factors for Combat-Related Post-Traumatic Psychopathology

### NOTE ON FORMATTING:

[TEXT] indicates a comment for *interviewers/coders* to see

**[text]** indicates words to stress

Interviewer: \_\_\_\_\_

TIME START: \_\_\_\_\_ TIME END: \_\_\_\_\_ DATE: \_\_\_\_\_

### **[CELL PHONE PROTOCOL TO BE INSERTED INTO CATI PROGRAM TO ENSURE SAFETY OF RESPONDENTS AND OFFER TO CALL ON A LANDLINE PHONE]**

#### **A. Introduction**

May I speak to [NAME OF PARTICIPANT] Hello, my name is \_\_\_\_\_ and I am calling for University of Michigan and the Uniformed Services University of the Health Sciences. You received a letter regarding a study that we are conducting, and I am calling to follow-up. As the letter explained, we are asking you to take part in a study about experiences of military personnel. If you choose to participate we will be collecting personal health information and other information about you that is relevant to our research. Your verbal consent to participate will be obtained at the end of this initial conversation and will take a few minutes to complete.

A1. Is this a good time for you to talk or would you like to make an appointment for a more convenient time?

- 1 Continue
- 2 Make Appointment
- 3 Do not wish to participate **[Go to B5]**

During this conversation I will give you important contact information that was also provided in the letter you received earlier. Please make sure that you have a way to record this information.

A1a. Are you ready to continue or do you need a moment to get ready?

- 1 Continue
- 2 Need to get ready [Wait until ready]
- 3 Do not wish to participate **[Go to B5]**

#### **B. Participation**

[Overview of Verbal Consent Procedure]:

In the letter we mailed to you, we included a document that explained the purpose of the study, the procedures of the study and contact information. At this time I am going to review that information and make sure you understand the purpose of the study, what will be asked of you if you participate and make sure that you would like to participate.

If you agree to participate in the interview today, we will collect information about your, military history, medical history, quality of life, productivity, and your use of healthcare services. You may decline to answer any questions that you do not want to answer and you can discontinue the interview at any time if you choose to.

This survey takes about 60 minutes to complete over the telephone. Agreeing to participate in the study is voluntary and is separate from your enlistment.

We are offering \$X to people who complete this interview. Payment will be mailed to an address you supply at the completion of your interview.

[Purpose of the study]

The title of the study is "**Health and well-being of Reserve and National Guard Forces**". The study has two purposes – first, it will give us an idea about how certain experiences may affect the health of National Guard or Reserve Members over time, and second it may help improve the treatment available to National Guard or Reserve members who may have stressful experiences while serving. The principal investigators of this study are Dr Sandro Galea at the University of Michigan and Dr Robert Ursano at the Uniformed Services University of the Health Sciences. The project is sponsored by the National Institutes of Health.

Information About Study:

[Procedure]

To better understand the experiences of the Ohio National Guard we will be interviewing 2000 randomly selected National Guard and Reserve members every year for 3 years. If you choose to participate in the interview today we will collect information about your family history, military history, medical history, quality of life, productivity, and your use of healthcare services. This survey takes about 60 minutes to complete over the telephone. Agreeing to participate in the study, and permitting your health information to be used, is voluntary and is separate from your enlistment.

[Risks]

There are no known physical risks to you for participating in this study. Some of the study questions are of a sensitive nature and may make you feel uncomfortable, though we have tried to make the process as comfortable as possible. If you feel distressed during the interview, you may stop. We will not be diagnosing any health conditions over the telephone but if you feel distress and would like to speak with someone at any point during the interview we will provide you with a phone number for a health provider on call.

[Benefits]

There are no specific benefits you will receive during this study, but this study may one day help improve the health care of military personnel.

[Cost]

There is no financial cost for you to participate in this study. We are offering \$2535 to people who complete this interview. Payment will be mailed to an address you supply at the completion of your interview. If you withdraw from the study, you will be paid only for the phone interviews that you have completed.

[Confidentiality]

Your participation in this study is confidential. The answers to your interviews will be kept separate from your identifying information and only one file will be kept that links your answers to your identifying information. You will not be identified in any reports on this study. Records will be kept confidential to the extent provided by federal, state and local law. However, the Institutional Review Boards at the University of Michigan and of the Uniformed Services University of the Health Sciences, the sponsor of the study, and government officials responsible for monitoring this study may inspect the reports. The data collected during this study may be kept for an unspecified period of time.

This is not a clinical study and there are no other alternate procedures besides choosing not to participate.

[Certificate of Confidentiality]

Additionally, a Certificate of Confidentiality has been obtained to help ensure the privacy of the data collected and your identity. With this Certificate, the investigators cannot be forced (for example by court subpoena) to disclose information that may identify you in any federal, state, or local civil, criminal, administrative, legislative, or other proceedings. However, the US government may wish to audit the information collected in this study to evaluate the research practices of the study. In addition, if the study staff suspects child abuse or neglect or the intent to harm yourself or others we are required by law to report to the proper authorities, but only able to disclose information in your records relevant to the prevention of serious harm to the person or persons endangered.

You can choose to quit at anytime by refusing to participate in the interviews. If you complete this interview and you decide you would like to permanently be removed from the study, you may contact SRBI by email (xxx@srbi.com), phone (1-888-590-6064) or send a written letter mailed to: SRBI, Inc.. Attn: National Guard Study #4182, 275 Seventh Avenue, Suite 2700, New York, New York 10001. If we are unable to reach you for an extended period of time we may have to discontinue your participation in the study.

[Contact]

You may contact the Principal Investigator at any time with any questions. He is Dr Sandro Galea and can be reached [FILL IN APPROPRIATE NUMBER].

Further information with respect to illness or injury resulting from a research procedure as well as a research subjects' rights is available from the University of Michigan Institutional Review Board at 734-936-0933.

[ASK ALL]

B1. Do you have any questions?

- |   |                               |                    |
|---|-------------------------------|--------------------|
| 1 | Yes, I have some questions    | [GO TO B2]         |
| 2 | No questions                  | [GO TO B2a]        |
| 3 | No, call back at another time | [ARRANGE CALLBACK] |
| 4 | I do not wish to participate  | [Go to B5]         |

B2. What questions do you have?

- |   |  |                                     |
|---|--|-------------------------------------|
| 1 | Questions answered, ready to proceed                     | <b>[GO TO NEXT SECTION]</b>         |
| 2 | Not willing to participate until contact investigator    | <b>[ARRANGE CALLBACK IN 3 DAYS]</b> |
| 3 | Not willing to participate until contact SRBI supervisor | <b>[ARRANGE CALLBACK]</b>           |
| 4 | Will do survey at another time                           | <b>[ARRANGE CALLBACK]</b>           |
| 5 | Do not wish to participate                               | <b>[Go to B5]</b>                   |

B2a. To make sure that you understand the basic purpose of the study can you please tell me why we are doing this study?

- 1 Answer given [RECORD TEXT BELOW AND READ B2b]
  - 2 Not sure/Don't know [READ B2b]
  - 3 Refused [READ B2b]
- 

B2b. (Just to be clear,) The study has two purposes – first, it will give us an idea about how certain experiences may impact National Guard Members over time, and second it may help improve the treatment available to National Guard members who may have stressful experiences while serving.

B3. Do you feel your questions have been adequately answered and that you fully understand the purpose of this research study? (Interviewer: please check “agrees” or “does not agree” corresponding to the participants answer)

- 1 Agree **[Ask B4]**
- 2 Does not agree **[Return to B2]**
- 3 Don't Know **[Return to B2]**
- 4 Refused **[Go to B5]**

B4. Do you agree to participate in this research study and begin study procedures as we have discussed?

- 1 Agree **[Go to Section C]**
- 2 Does not agree **[Go to B5]**
- 3 Don't Know **[Return to B2]**
- 4 Refused **[Go to B5]**

B5. Can you tell me why you don't wish to participate in the interview?

\_\_\_\_\_ **[THANK AND END]**

**[CELL PHONE PROTOCOL TO BE INSERTED INTO CATI PROGRAM TO ENSURE SAFETY OF RESPONDENTS AND OFFER TO CALL ON A LANDLINE PHONE]**

Now, please take down the toll free number where you can call us back to complete the survey if we don't finish it all right now. We can be reached at [TOLL FREE NUMBER]. Please mention the Natinal Guard study and your survey key number – [KEY] when you call and you will be directed to the right person. As I mentioned before, this survey takes about one hour to complete. The questions are organized into sections that go together, so it works best if we can complete entire sections at one time. I will let you know periodically

when we are between sections in case you need to take a break, but of course you can let me know that you need a break anytime you feel like it.

### C. Military History

To begin with, I have some questions about your experience in the military.

C1a. Just to confirm, are you currently in the National Guard or another Reserve Component of the United States military, or are you separated or retired from the military altogether?

- 1 Currently in National Guard and/or another military Reserve Component **[CONTINUE]**
- 2 Not in the Reserves or the Guard/retired **[S/O NOT CURRENTLY ENROLLED – THANK & END]**

C1. How long have you been in the United States military, including both time on Active Duty and time in the National Guard or Reserves?

[NOTE: Include time in all branches of the military AND time in the Reserves/National Guard] [Round to the nearest whole year, <6 months=0; RANGE = 0-50]

- 1 \_\_\_\_\_[Years]
- 8 [VOL] Don't know
- 9 [VOL] Refused

C1c. Have you ever served as a soldier in another branch of the United States military outside of your time in the National Guard? [NOTE: This does not include being active duty Army or Air Force while in the National Guard]

- 1 Yes [CONTINUE TO C1d]
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

[IF C1c IS "NO", "DON'T KNOW" OR "REFUSED" THEN SKIP TO QUESTION C2]

C1d. Since you first entered the United States military and besides the National Guard or times you were active duty while in the National Guard, in what other service branches have you served? (*can circle more than one*)

- 1 Air Force
- 2 Army
- 3 Coast Guard
- 4 Marine Corps
- 5 Navy
- 8 Other (SPECIFY)
- 88 [VOL] Don't know
- 99 [VOL] Refused

C1e. What age did you enter the National Guard?

- 1 \_\_\_\_\_[Years]
- 8 [VOL] Don't know
- 9 [VOL] Refused



C2. In what service branch do you currently serve?

- 1 Air Force Reserve
- 2 Air National Guard
- 3 Army Reserve
- 4 Army National Guard
- 5 Coast Guard
- 4 Marine Corps Reserve
- 6 Navy Reserve
- 7 Other (SPECIFY)
- 8 [VOL] Don't know
- 9 [VOL] Refused

C3. What is your component (Select all that apply)?

- 1 Active Duty
- 2 National Guard
- 3 Reserves
- 4 Civilian Government Employee
- 8 [VOL] Don't know
- 9 [VOL] Refused

C4. What is your current Rank / Pay Grade? [READ CHOICES]

- 1 E1 to E3
- 2 E4 to E6
- 3 E7 to E8
- 4 E9
- 5 W1 to W5
- 6 O1 to O3
- 7 O4 to O5
- 8 O6
- 9 O7 or above [THANK AND END SURVEY]
- 10 Other: [SPECIFY: \_\_\_\_\_]
- 88 [VOL] Don't know
- 99 [VOL] Refused

6A1. Please tell me your current MOS (Military Occupational Specialties) number and just a brief description of that role?

- 1 \_\_\_\_\_
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[IF ANSWERED "DON'T KNOW" TO C6A1, GO TO C6A2; OTHERWISE GO TO C6b]**

C6A2. Which category best fits your MOS? [READ LIST AS NECESSARY; **ALLOW MULTIPLE RESPONSES**]

- 1 Personnel and Administration
- 2 Intelligence
- 3 Infantry
- 4 Logistics
- 5 Marine Air Ground Task Force (MAGTF) Plans

6	Communications
8	Field Artillery
11	Utilities
13	Engineer, Construction, Facilities and Equipment
18	Tank and Assault Amphibious Vehicle
21	Ground Ordnance Maintenance
23	Ammunition and Explosive Ordnance Disposal
25	Operational Communications
26	Signals Intelligence/Ground Electronic Warfare
27	Linguist (Officer/Enlisted)
28	Ground Electronics Maintenance
30	Supply Administration and Operations
31	Traffic Management
33	Food Service
34	Financial Management
35	Major Transport
40	Data Systems
41	Marine Corps Exchange
43	Public Affairs
44	Legal Services
46	Visual Information
55	Music
57	Nuclear, Biological and Chemical Defense
58	Military Police and Corrections
59	Electronics Maintenance
60	60/61/62 Aircraft Maintenance
63	63/64 Avionics
65	Aviation Ordnance
66	Aviation Logistics
68	Meteorological and Oceanographic (METOC) Services
70	Airfield Services
72	Air Control/Air Support/Anti-air Warfare/Air Traffic Control
73	Navigation Officer and Enlisted Flight Crews
75	Pilots/Naval Flight Officers
76	Navy Officer Designators (DES) and Billet Codes (NOBC)
77	Navy Enlisted Classification Codes (NEC's)
78	8000-9599 Category "B" MOS's
79	9600-9699 Special Education Program
80	9700-9999 Identifying MOS's and Reporting MOS's
97	Other [SPECIFY] _____
98	[VOL] Don't know
99	[VOL] Refused

C6b. C6B. Do you know if you are going to be deployed in the future (either schedule or location)? [NOTE: When we say deployment, we mean mobilization either nationally or internationally and in any capacity]

1	Yes
2	No
8	[VOL] Don't Know

- 9 [VOL] Refused  
 10 [VOL] Will never be deployed again (ex. Retiring)  
**[IF "YES" THEN GO TO C7, OTHERWISE SKIP TO C10]**

C7. What month and year are you scheduled to be deployed?

- 1     \_\_\_/\_\_\_/\_\_\_  
       M M   Y Y   Y Y           [RANGE: 1940-CURRENT OR FUTURE YEAR - 2030]  
 2 [VOL] Will never be deployed again (ex. Retiring)  
 8 [VOL] Don't Know  
 9 [VOL] Refused

C9. To which country will you be deployed? [DO NOT READ LIST]

- 1 Afghanistan  
 2 Iraq  
 3 Kuwait  
 4 Saudi Arabia  
 5 United States  
 8 Other: [SPECIFY: \_\_\_\_\_]  
 9 [VOL] Don't know  
 10 [VOL] Refused

Now I am going to ask you questions about your deployment history. By deployment I mean any mobilization, both nationally and internationally and in any capacity.  
 Please keep in mind that I will be asking many questions that are about experiences you may have had at any time in your life. It is important for the research that you think carefully before answering.

C10. How many times have you been deployed in the past, either in the Guard or in any other military capacity?

- 1     \_\_\_\_\_ **[IF ANSWER IS ZERO, GO TO SECTION FC17] [RANGE 0-30]**  
 88 [VOL] Don't know  
 99 [VOL] Refused

Now thinking about your **most recent** deployment....

C12. On what date did you begin that deployment? [PROBE FOR MONTH AND YEAR]

- 1     \_\_\_/\_\_\_/\_\_\_ **[RANGE: 1940-CURRENT YEAR]**  
       M M   Y Y   Y Y  
 8 [VOL] Don't know  
 9 [VOL] Refused

C13. On what date did you finish that deployment? [PROBE FOR MONTH AND YEAR]

- 1     \_\_\_/\_\_\_/\_\_\_ **[RANGE: 1940-CURRENT YEAR] [MUST BE LATER THAN C12]**  
       M M   Y Y   Y Y  
 8 [VOL] Don't know

9 [VOL] Refused

C14. What was your age when you began this most recent deployment?

\_\_\_\_[age in years] range[if response is over 60, verify 17-80]

8 [VOL} Don't Know

9 [VOL} Refused

C15. What was your MOS (Military Occupational Specialties) number and a brief description of that role during your most recent deployment? **[ALLOW MULTIPLE RESPONSES – 4 DIGIT FIELD]**

1 \_\_\_\_\_  
8 [VOL] Don't know  
9 [VOL] Refused

**[IF ANSWERED "DON'T KNOW" TO C15, GO TO C16; OTHERWISE GO TO C17]**

C16. Which category best fits your MOS? [READ LIST AS NECESSARY; **ALLOW MULTIPLE RESPONSES**]

- 1 Personnel and Administration
- 2 Intelligence
- 3 Infantry
- 4 Logistics
- 5 Marine Air Ground Task Force (MAGTF) Plans
- 6 Communications
- 8 Field Artillery
- 11 Utilities
- 13 Engineer, Construction, Facilities and Equipment
- 18 Tank and Assault Amphibious Vehicle
- 21 Ground Ordnance Maintenance
- 23 Ammunition and Explosive Ordnance Disposal
- 25 Operational Communications
- 26 Signals Intelligence/Ground Electronic Warfare
- 27 Linguist (Officer/Enlisted)
- 28 Ground Electronics Maintenance
- 30 Supply Administration and Operations
- 31 Traffic Management
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- 78 8000-9599 Category "B" MOS's
- 79 9600-9699 Special Education Program
- 80 9700-9999 Identifying MOS's and Reporting MOS's
  
- 97 Other [SPECIFY] \_\_\_\_\_
- 98 [VOL] Don't know
- 99 [VOL] Refused

**[ASK ALL - READ ONLY IF NECESSARY]**

C17. What is your gender? [If the respondent does not immediately say Male or Female:sex? Or what sex do you consider yourself to be? [INTERVIEWER: DO NOT READ CHOICES]

- 1 Male
- 2 Female
- 3 Other [SPEC:\_\_\_\_\_]
- 9 [VOL] Refused

**[IF ANSWERED 'ZERO' TO QUESTION C10, THEN SKIP TO SECTION E]**

## D. General Military Experience

I'm now going to continue asking you about your **most recent deployment**.

### TRAINING AND DEPLOYMENT PREPARATION

I am going to read several statements about how well prepared you were by the military for your most recent deployment, and I'd like to know how much you agree or disagree with each statement. There are 5 answer choices you can use: strongly agree, somewhat agree, somewhat disagree, strongly disagree, or neither agree nor disagree.

The (first/next) statement is [STATEMENT]. Do you agree, disagree OR do you neither agree nor disagree (3)?

[IF AGREE: Do you agree strongly (5) or agree somewhat (4)?]

[IF DISAGREE: Do you disagree strongly (1) or disagree somewhat (2)?]

(ROTATE)	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	(VOL) DK	(VOL) RF
D1. I had all the supplies and equipment needed to get my job done.	1	2	3	4	5	8	9
D2. The equipment I was given functioned the way it was supposed to.	1	2	3	4	5	8	9
D3. I received adequate training on how to use my equipment.	1	2	3	4	5	8	9
D6. I was accurately informed about what to expect from the enemy.	1	2	3	4	5	8	9
D8. I was accurately informed of what daily life would be like during my deployment.	1	2	3	4	5	8	9

## UNIT SUPPORT

Next, I have some statements about your relationships with other military personnel during your most recent deployment and I'd like to know how much you agree or disagree with each statement.

The (first/next) statement is [STATEMENT]. Do you agree, disagree, OR do you neither agree nor disagree (3)?

[IF AGREE: Do you agree strongly (5) or agree somewhat (4)?]

[IF DISAGREE: Do you disagree strongly (1) or disagree somewhat (2)?]

<b>(ROTATE)</b>	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	(VOL) DK	(VOL) RF
D11. I felt a sense of camaraderie between myself and other soldiers in my unit.	1	2	3	4	5	8	9
D13. Most people in my unit were trustworthy.	1	2	3	4	5	8	9
D14. I could go to most people in my unit for help when I had a personal problem.	1	2	3	4	5	8	9
D15. My commanding officer(s) were interested in what I thought and how I felt about things.	1	2	3	4	5	8	9
D16. I was impressed by the quality of leadership in my unit.	1	2	3	4	5	8	9
D17. My superiors made a real attempt to treat me as a person.	1	2	3	4	5	8	9
D18. I felt like my efforts really counted to the military.	1	2	3	4	5	8	9

## LIFE & FAMILY CONCERNS

The next set of statements refers to concerns you may have had related to your life and family back home during your **most recent deployment**. These questions do not ask if these events actually occurred, but only how concerned you were that they might happen while you were deployed. Please tell me how concerned you were for each item.

While you were deployed, how concerned were you about [ITEM]? Would you say not at all, a little, moderately or a great deal?

<b>(ROTATE)</b>	Not at all concerned	A little concerned	Moderately concerned	Concerned A great deal	(VOL) Not applicable	VOL DK	VOL RF
D31. Missing out on a promotion at your job back home.	1	2	3	4	5	8	9
D32. Damaging your career because you were away for a long time.	1	2	3	4	5	8	9
D33. Being unable to financially support your family while you were away.	1	2	3	4	5	8	9
D34. Harming your relationship with your spouse or significant other.	1	2	3	4	5	8	9
D35. Being left by your spouse or significant other.	1	2	3	4	5	8	9
D36. Missing out on your children's growth and development while you were away.	1	2	3	4	5	8	9
D37. Losing touch with your friends.	1	2	3	4	5	8	9
D38. The well-being of your family or friends while you were away.	1	2	3	4	5	8	9
D39. Your inability to directly manage or control family affairs.	1	2	3	4	5	8	9



## COMBAT EXPERIENCES

The following statements are about combat experiences you may have had during your most recent deployment.

While deployed:

\*D41. Did you or members of your unit encounter land or water mines, IEDs (Improvised Explosive Devices) or booby traps?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D42. Did you or members of your unit receive hostile incoming fire from small arms, artillery, rockets, mortars, bombs, or I.E.D.'s (Improvised Explosive Devices)?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D43. Did you or members of your unit receive "friendly" incoming fire from small arms, artillery, rockets, mortars, or bombs?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D44. Were you in a vehicle, for example, a truck, tank, A.P.C. (Armored Personnel Carrier), helicopter, plane, or boat that was under fire?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D45. Were you or members of your unit attacked by terrorists, insurgents, or civilians?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D46. Were you part of a land or naval artillery unit that fired on the enemy?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D47. Were you part of an assault on entrenched or fortified positions?

- 1 Yes
- 2 No
- 8 [VOL] Don't know

9 [VOL] Refused

D48a. Did you take part in an invasion that involved naval and/or land forces?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D48b. Did you engage in hand to hand combat?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D49. Did your unit engage in battle in which it suffered casualties?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D50a. Did you personally witness someone from your unit or an ally unit being seriously wounded or killed?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D50b. Did you know someone was seriously wounded or killed?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D50c. Did you have a buddy shot or hit who was near you?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D51. Did you personally witness soldiers from enemy troops being seriously wounded or killed?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

D52. Did you fire your weapon at the enemy?

(NOTE: Includes use of any type of weapon the respondent says they used)

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D53a. Did you kill or think you killed an enemy combatant?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D53b. Did you kill or think you killed a non-combatant?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D53c. Did you have a close call, was shot or hit, but protective gear saved you?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

\*D53d. Were you injured or wounded during combat?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

D54. Next I'm going to read a list of reasons for injuries or accidents.

Please tell me which, if any, of them you experienced during your most recent deployment. [MULTIPLE RECORD FOR EACH "YES"]

-Being hit by shrapnel or a fragment

-Being hit by a bullet or receiving a gunshot wound

-A motor vehicle crash with a vehicle of any type, including a helicopter or airplane

-An explosion or blast, such as an I.E.D. (Improvised Explosive Device), R.P.G. (Rocket Propelled Grenade), Land mine, Grenade, etc.

-Being hit by a Blunt object

-A fall

-OR some other injury or accident [SPECIFY] \_\_\_\_\_

-None

**[IF NONE FOR D54, SKIP TO D57]**

D54b. I recognize that these head injuries may have occurred as a result of a single event or multiple events. How many separate events did you experience that resulted in head injuries?

**[1-20; 21=21+; 99=NS; 22=/Ref]**

**[IF D54b=1 GO TO D55]**

**[READ IF D54b>1 and <4]**

Now I'd like to know more about these [# OF EVENTS FROM D54b] events **[CONTINUE TO D54c1]**.

**[READ IF D54b>3 ]**

Now I'd like to know more about some of these events. Let's start with the most serious one and then I will ask about 2 others**[ CONTINUE TO D54c1]**.

D54c1. Thinking about (the worst/the next worst) of these events, please briefly describe what happened so I know how to refer to it: [enter brief description of event]

**[REPEAT D54c1 UNTIL OBTAINED BRIEF DESCRIPTION ALL D54A EVENTS (3 MAXIMUM), RANDOMLY PICK ONE D54c1 EVENT TO CONTINUE WITH]**

D54c2. Now I am only going to ask more specifically about one event. During [D54c1 RANDOMLY PICKED EVENT DESCRIPTION], which of the following did you experience? [READ LIST; **MULTIPLE RECORD**]

**[READ ALL ITEMS "YES" IN D54a]**

- Being hit by shrapnel or a fragment
- Being hit by a bullet or receiving a gunshot wound
- A motor vehicle crash with a vehicle of any type, including a helicopter or airplane
- An explosion or blast, such as an I.E.D. (Improvised Explosive Device), R.P.G. (Rocket Propelled Grenade), Land mine, Grenade, etc.
- Being hit by a Blunt object
- A fall
- or some other injury or accident [SPECIFY] \_\_\_\_\_

D55. Now I am going to ask you about symptoms you may have experienced after this event.

a. When this event occurred, were you dazed, confused or "seeing stars"?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

b. Was there any period of time just before the event that you did not or do not remember?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[IF YES]**

D55d. How long was the period of time just before the event that you did not or do not remember? How many seconds, minutes or hours was this period? \_\_\_\_\_ **[ALLOW FOR ANSWER IN SECONDS, MINUTES, OR HOURS OR DAYS]**

D55c. Was there any period of time just after the event that you did not or do not remember?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[IF YES]**

.D55cf How long was the period of time just after the event that you did not or do not remember? How many seconds, minutes or hours was this period? \_\_\_\_\_ **[ALLOW FOR ANSWER IN SECONDS, MINUTES, OR HOURS OR DAYS]**

D55d. Did you or do you currently have problems remembering details about the event?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D55e. Did anyone report that you have had trouble remembering details about the event?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D55f. During or as a result of the event, did anyone report that you lost consciousness or “blacked out?”

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D55g. And during or as a result of the event, do you remember losing consciousness or “blacking out”?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[IF YES TO EITHER f OR g]**

D55h. How many times did you lose consciousness during or as a result of this event? **[1-20; 21=NS; 22=Ref]**

D55i. And, thinking about all of the times when you lost consciousness during or as a result of this event, what is the LONGEST AMOUNT OF TIME during which you were unconscious? \_\_SPECIFY IN SECONDS, MINUTES OR HOURS \_\_\_\_\_

D55j. During this event did you hit your head?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D55k. During this event were you wearing a helmet?

- 1 Yes
- 2 No
- 3 [VOL] Only during part of the event
- 8 [VOL] Don't know
- 9 [VOL] Refused

[ASK IF D55k=1 OR 3]

D55l. What type of helmet were you wearing? [READ LIST]

- 1 Kevlar or ACH (Advanced Combat Helmet)
- 2 Sports Helmet
- 3 Motorcycle helmet
- 4 Other [Specify] \_\_\_\_\_
- 8 [VOL] Don't know
- 9 [VOL] Refused

D56. Since this event occurred, how often have you experienced the following? [READ ITEM & ANSWER CHOICES]

	All of the time	Most of the time	Some of the time	A little of the time	Not at all	VOL Don't Know	VOL Refused
a. Headaches	1	2	3	4	5	8	9
b. Memory Problems	1	2	3	4	5	8	9
c. Nausea or Vomiting	1	2	3	4	5	8	9
d. Irritability	1	2	3	4	5	8	9
e. Ringing in the ears	1	2	3	4	5	8	9
f. Dizziness	1	2	3	4	5	8	9
g. Balance problems	1	2	3	4	5	8	9
h. Difficulty concentrating	1	2	3	4	5	8	9
i. Vision Problems	1	2	3	4	5	8	9

### POST-BATTLE EXPERIENCES

Next are statements about experiences that you may have had during your most recent deployment. Please tell me if you ever experienced the following events during your most recent deployment.

D57a. Did you observe homes or villages that had been destroyed?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D57b. Did you clear or search homes or buildings?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D57c. Did you participate in demining operations?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D58a. Did you see refugees who had lost their homes and belongings as a result of battle?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D58b. Did you see injured women and children who you were unable to help?

- 1 Yes

- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D59. Did you see people begging for food?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D60. Did you or your unit take prisoners of war?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D61. Did you interact with enemy combatants who were taken as prisoners of war?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D63a. Did you take care of injured or dying people?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D63b. Did you save the life of a soldier or a civilian?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D64. Were you involved in removing dead bodies after battle?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D66. Did you see enemy soldiers after they had been severely wounded or disfigured in combat?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D67. Did you see the bodies of dead enemy soldiers?



- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D68. Did you see civilians after they had been severely wounded or disfigured?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D69. Did you see the bodies of dead civilians?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D70. Did you see Americans or allies after they had been severely wounded or disfigured in combat?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

\*D71. Did you see the bodies of dead Americans or allies?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

## DEPLOYMENT CONCERNS

These next statements are about the amount of danger you felt you were exposed to during your most recent deployment and I'd like to know how much you agree or disagree with each statement. If any of these do not apply to your situation, please just tell me so.

The (first/next) is [STATEMENT]. Do you agree, disagree, OR do you neither agree nor disagree (3)?

[IF AGREE: Do you agree strongly (5) or agree somewhat (4)?]

[IF DISAGREE: Do you disagree strongly (1) or disagree somewhat (2)?]

<b>(ROTATE)</b>	Strongly disagree	Some-what disagree	Neither agree nor disagree	Some what agree	Strongly agree	VOL DK	VOL RF	VOL N/A
D88. I thought I would never survive.	1	2	3	4	5	8	9	10
D89. I was extremely concerned that the enemy would use nuclear, biological, or chemical agents (N.B.C.s) against me.	1	2	3	4	5	8	9	10
D90. I felt that I was in great danger of being killed or wounded.	1	2	3	4	5	8	9	10
D91. I was concerned that my unit would be attacked by the enemy.	1	2	3	4	5	8	9	10
D92. I worried about the possibility of accidents, for example, friendly fire or training injuries in my unit.	1	2	3	4	5	8	9	10
D93. I was afraid I would encounter a mine or booby trap.	1	2	3	4	5	8	9	10
D95. I felt that I would become sick from the pesticides or other routinely used chemicals.	1	2	3	4	5	8	9	10
D98. I worried about getting an infectious disease.	1	2	3	4	5	8	9	10

## RELATIONSHIPS WITHIN UNIT

The next set of questions is also about your relationships with other military personnel during your most recent deployment.

Some of these questions ask about inappropriate activities. We are asking how often these activities occurred, regardless of whether they were reported or not. Please remember that your answers to all questions in this survey are confidential, and telling me that they occurred will never be disclosed with your name.

Please tell me *how often* you experienced each circumstance.

While you were deployed, how often did unit leaders or other unit members: [ITEM]? Never, once or twice, sometimes, or many times?

<b>(DO NOT ROTATE)</b>	Never	Once or twice	Some times	Many times	VOL DK	VOL RF
D99. Treat you in an overly critical way.	1	2	3	4	8	9
D100. Question your abilities or commitment to perform your job effectively.	1	2	3	4	8	9
D101. "Put you down" or treat you in a condescending way.	1	2	3	4	8	9
D102. Gossip about your sex life or spread rumors about your sexual activities.	1	2	3	4	8	9
D103. Make crude and offensive sexual remarks directed at you, either publicly or privately.	1	2	3	4	8	9
D104. Offer you some sort of reward or special treatment to take part in sexual behavior.	1	2	3	4	8	9
D105. Threaten you with some sort of retaliation for not being sexually cooperative for example, the threat of a negative review, physical violence, or to ruin your reputation.	1	2	3	4	8	9
*D106. Make unwanted attempts to stroke or fondle you for example, stroking your leg or neck.	1	2	3	4	8	9
*D107. Make unwanted attempts to have sex with you.	1	2	3	4	8	9
*D108. Force you to have sex.	1	2	3	4	8	9

## POST-DEPLOYMENT SUPPORT

We have completed the questions about your most recent deployment. The next set of statements refers to questions are about the social support you had after related to your most recent deployment and I'd like to know how much.

D108a. Did you have Battle Buddies? [NOTE: **Battle buddy** can be assigned by your commanding officer or can be naturally developed during your deployment and are **those who helped you get through the toughest times of deployment.**]

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

[IF "YES" ASK D108B, OTHERWISE SKIP TO D109]

D108B. Did you ever feel the need to talk to your battle buddy while you were deployed?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D108C. Have you ever contacted your Battle Buddy post-deployment to talk about your civilian life?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

D108d. Have any of your Battle Buddies contacted you post-deployment to talk about their civilian life?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

The (first/next) is [STATEMENT]. Do you agree, disagree, OR do you neither agree nor disagree (3)?

[IF AGREE: Do you agree strongly (5) or agree somewhat (4)?]

[IF DISAGREE: Do you disagree strongly (1) or disagree somewhat (2)?]

(ROTATE)	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	(VOL) DK	(VOL) RF
D109. The reception I received when I returned from my deployment made me feel appreciated for my efforts.	1	2	3	4	5	8	9
D110. The American people made me feel at home when I returned.	1	2	3	4	5	8	9
D111. When I returned, people made me feel proud to have served my country in the Armed Forces.	1	2	3	4	5	8	9
D113. People at home just don't understand what I have been through while in the Armed Forces.	1	2	3	4	5	8	9
D114. There are people to whom I can talk about my deployment experiences.	1	2	3	4	5	8	9
D115. The people I work with respect the fact that I	1	2	3	4	5	8	9

am a veteran.							
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**(READ IF NEEDED:** There are about xx minutes of the interview left and this is a good breaking point between sections. Let me know if you need to take a break.)

## **E. Health History**

E1. Turning to your health, in general, would you say your health is: [READ CHOICES]

- 1      Excellent
- 2      Very good
- 3      Good
- 4      Fair
- 5      Poor
- 8      [VOL] Don't know
- 9      [VOL] Refused

## G. Psychosocial Resources

These next statements refer to social support you have felt you received in the **past 12 months** and I'd like to know how much you agree or disagree with each statement.

The (first/next) is [STATEMENT]. Do you agree, disagree, OR do you neither agree nor disagree (3)?

[IF AGREE: Do you agree strongly (5) or agree somewhat?

(4)?]

[IF DISAGREE: Do you disagree strongly (1) or disagree somewhat? (2)?]

ROTATE	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	(VOL) DK	(VOL) RF
G1. I am carefully listened to and understood by family members or friends.	1	2	3	4	5	8	9
G2. Among my friends or relatives, there is someone who makes me feel better when I am feeling down.	1	2	3	4	5	8	9
G3. I have problems that I can't discuss with family or friends.	1	2	3	4	5	8	9
G4. Among my friends or relatives, there is someone I go to when I need good advice.	1	2	3	4	5	8	9
G5. My friends or relatives would lend me money if I needed it.	1	2	3	4	5	8	9
G6. My friends or relatives would help me move my belongings if I needed to.	1	2	3	4	5	8	9

(READ IF NEEDED: There are about **xx** minutes of the interview left and this is a good breaking point between sections. Let me know if you need to take a break.)

## X. Neighborhood Collective Efficacy

Now I'm going to read some statements about your neighborhood. By neighborhood we mean where you typically live. For each of these statements, please tell me whether you strongly agree, somewhat agree, somewhat disagree, or strongly disagree.



**[SHUFFLE ITEMS]**

	Strongly agree	Some what Agree	Somewhat Disagree	Strongly disagree	[VOL] Neither agree nor disagree	DK	REF
X1. This is a close-knit or unified neighborhood.	1	2	3	4	5	8	9
X2. People around here are willing to help their neighbors.	1	2	3	4	5	8	9
X3. People in this neighborhood generally don't get along with each other	1	2	3	4	5	8	9
X4. People in this neighborhood do not share the same values	1	2	3	4	5	8	9
X5. People in this neighborhood can be trusted	1	2	3	4	5	8	9

## H. General traumas

Next I am going to read a series of statements that refer to events you may have experienced at any time in **your lifetime**. It is important for the research that you think carefully before answering.

a) IN YOUR LIFETIME, have you...[READ EACH ITEM]

**[IF C10>0, IMMEDIATELY ASK FOR ANY “YES”]**

b) Was that related to your **most recent** military deployment? [YES, NO, BOTH (MORE THAN ONE INSTANCE), DK, REF]

	a. In your lifetime, have you:				(IF C10>0) b. Was that related to <b>your most recent</b> military deployment?		
<b>DO NOT ROTATE</b>	Yes	No	(Vol) DK	(Vol) Ref	Yes	No	Vol Both
*H1. Experienced combat or exposure to a war zone in the military or as a civilian	1	2	8	9	1	2	3
*H 2. Been in a fire or explosion	1	2	8	9	1	2	3
* H 3. Been raped	1	2	8	9	1	2	3
* H 4. Experienced another kind of sexual assault or unwanted sexual contact as a result of force, threat of harm, or manipulation	1	2	8	9	1	2	3
* H 5. Been shot or stabbed	1	2	8	9	1	2	3
* H 6. Been held captive, tortured, or kidnapped	1	2	8	9	1	2	3
* H 7. Been mugged, held up, or threatened with a weapon	1	2	8	9	1	2	3
* H 8. Been badly beaten up	1	2	8	9	1	2	3
* H 9. Been in a serious transportation accident (for example a serious car or motor vehicle crash, boat accident, plane crash or train wreck).	1	2	8	9	1	2	3
* H 10. Experienced any other kind of serious accident or injury	1	2	8	9	1	2	3
* H 11. Experienced a natural disaster – for example, a fire, flood, earthquake – in which you were hurt or your property was damaged	1	2	8	9	1	2	3
* H 12. Been diagnosed with a life-threatening illness	1	2	8	9	1	2	3
* H 13. Had a child of yours diagnosed as having a life-threatening illness	1	2	8	9	1	2	3
* H 14. Witnessed someone being killed or seriously injured	1	2	8	9	1	2	3
* H 15. Unexpectedly discovered a dead body							
* H 16. Learned that a close friend or relative was raped or sexually assaulted	1	2	8	9	1	2	3
* H 17. Learned that a close friend or relative was seriously physically attacked							
* H 18. Learned that a close friend or relative was seriously injured in a motor vehicle crash	1	2	8	9	1	2	3
* H 19. Learned that a close friend or relative was	1	2	8	9	1	2	3

seriously injured in any other accident							
* H 20. Experienced the sudden, unexpected death of a close friend or relative	1	2	8	9	1	2	3
* H 21. Caused serious injury, harm or death to someone else							
* H 22. Witnessed severe human suffering	1	2	8	9	1	2	3
H 23. Experienced mental illness personally or the mental illness of someone close to you	1	2	8	9	1	2	3
H 24. Had a parent who had a problem with drugs or alcohol	1	2	8	9	1	2	3
H 25. Had a family member other than a parent with a serious drug or alcohol problem	1	2	8	9	1	2	3
H 26. Been through a divorce or “break up” with a partner or significant other	1	2	8	9	1	2	3
H 27. Lost your job	1	2	8	9	1	2	3
H 28. Been emotionally mistreated – for example, shamed, embarrassed, ignored, or repeatedly told you were no good	1	2	8	9	1	2	3
H 29. Seen or heard physical fighting between your parents or caregivers (grabbed, slapped, or had something thrown, kicked, bitten, hit with a fist, or hit with something hard, or threatened with, or hurt by, a knife or gun?)	1	2	8	9	1	2	3
H 30. Experienced stressful legal problems – for example, being sued or suing someone else	1	2	8	9	1	2	3
H 31. Been unemployed and seeking employment for at least 3 months	1	2	8	9	1	2	3
H 32. Had serious financial problems	1	2	8	9	1	2	3
*H 33. Had a serious operation	1	2	8	9	1	2	3
H 34. Been Robbed or had your home broken into	1	2	8	9	1	2	3
* H 35. Been exposed to toxic substances (for example, dangerous chemicals, radiation)	1	2	8	9	1	2	3
H 36. Had problems getting access to adequate healthcare	1	2	8	9	1	2	3
*H 37. Experienced any other extraordinarily stressful situation or event	1	2	8	9	1	2	3

**CATI NOTE: IF RESPONDENT DOES NOT RECALL OR WILL NOT SAY WHAT THE OTHER STRESSFUL SITUATION OR EVENT WAS, DO NOT INCLUDE IN THE LIST OF TRAUMAS FOR FOLLOW-UP QUESTIONS.**

**[IF ‘YES’ TO H37]**

H37a. Can you briefly describe what that was?

---

## **TRAUMA LIST FOR FOLLOW-UP QUESTIONS**

- \*1. Experienced combat or exposure to a war zone in the military or as a civilian
- \*2. Been in a fire or explosion
- \*3. Been raped
- \*4. Experienced another kind of sexual assault or unwanted sexual contact as a result of force, threat of harm, or manipulation
- \*5. Been shot or stabbed
- \*6. Been held captive, tortured, or kidnapped
- \*7. Been mugged, held up, or threatened with a weapon
- \*8. Been badly beaten up
- \*9. Been in a serious transportation accident (for example a serious car or motor vehicle crash, boat accident, plane crash or train wreck).
- \*10. Experienced any other kind of serious accident or injury
- \*11. Experienced a natural disaster – for example, a fire, flood, earthquake – in which you were hurt or your property was damaged
- \*12. Been diagnosed with a life-threatening illness
- \*13. Had a child of yours diagnosed as having a life-threatening illness
- \*14. Witnessed someone being killed or seriously injured
- \*15. Unexpectedly discovered a dead body
- \*16. Learned that a close friend or relative was raped or sexually assaulted
- \*17. Learned that a close friend or relative was seriously physically attacked
- \*18. Learned that a close friend or relative was seriously injured in a motor vehicle crash
- \*19. Learned that a close friend or relative was seriously injured in any other accident
- \*20. Experienced the sudden, unexpected death of a close friend or relative
- \*21. Caused serious injury, harm or death to someone else
- \*22. Witnessed severe human suffering
- \*33. Had a serious operation
- \*35. Been exposed to toxic substances (like dangerous chemicals or radiation)
- \*37. Experienced any other extraordinarily stressful situation or event

## **[CREATE COUNT OF \*D ITEMS ANSWERED AFFIRMATIVELY (YES, OR ANY EXPOSURE). LIST AS POSSIBLE DEPLOYMENT-RELATED TRAUMAS IN J28 PER INSTRUCTIONS]**

- (IF \*D106=2-4) Having unit leaders or other unit members make unwanted attempts to stroke or fondle you
- (IF \*D107=2-4) Having unit leaders or other unit members make unwanted attempts to have sex with you
- (IF \*D108=2-4) Being forced to have sex by unit leaders or other unit members
- (IF \*D41=1) Encountering land or water mines or booby traps
- (IF \*D42=1) Receiving hostile incoming fire from small arms, artillery, rockets, mortars, bombs, or I.E.D.'s
- (IF \*D43=1) Receiving "friendly" incoming fire from small arms, artillery, rockets, mortars, or bombs
- (IF \*D44=1) Being in a vehicle that was under fire
- (IF \*D45=1) Being attacked by terrorists, insurgents, or civilians
- (IF \*D49=1) Engaging in battle in which your unit suffered casualties
- (IF \*D50=1) Personally witnessing someone from your unit or an ally unit being seriously wounded or killed
- (IF \*D51=1) Personally witnessing soldiers from enemy troops being seriously wounded or killed
- (IF \*D52=1) Firing your weapon at the enemy
- (IF \*D53d=1) Being injured or wounded during combat

(IF \*D66=1) Seeing enemy soldiers after they had been severely wounded or disfigured in combat  
(IF \*D67=1) Seeing the bodies of dead enemy soldiers  
(IF \*D68=1) Seeing civilians after they had been severely wounded or disfigured  
(IF \*D69=1) Seeing the bodies of dead civilians  
(IF \*D70=1) Seeing Americans or allies after they had been severely wounded or disfigured in combat  
(IF \*D71=1) Seeing the bodies of dead Americans or allies  
(IF \*D48b=1) Did you engage in hand to hand combat?  
(IF \*D50b=1) Did you know someone was seriously wounded or killed?  
(IF \*D50c=1) Did you have a buddy shot or hit who was near you?  
(IF \*D53a=1) Did you kill or think you killed an enemy combatant?  
(IF \*D53b=1) Did you kill or think you killed a non-combatant?  
(IF \*D53c=1) Did you have a close call, was shot or hit, but protective gear saved you?  
(IF \*D57b=1) Did you clear or search homes or buildings?  
(IF \*D57c=1) Did you participate in demining operations?  
(IF \*D58b=1) Did you see injured women and children who you were unable to help?

## **INSTRUCTIONS**

**IF ANY YES \*Ha TRAUMA QUESTIONS, CREATE TWO LISTS: DEPLOYMENT RELATED TRAUMAS AND NON-DEPLOYMENT RELATED TRAUMAS. ITEMS ANSWERED 'BOTH' IN b SHOULD APPEAR IN BOTH LISTS.**

**CREATE TWO RANDOM SELECTIONS FROM EACH LIST FOR J1 NON-DEPLOYMENT AND J28 DEPLOYMENT RELATED**

**IF THERE ARE ZERO NON-DEPLOYMENT RELATED TRAUMAS, GO TO Q.J28**

**IF ONLY 1 NON-DEPLOYMENT RELATED TRAUMA, GO TO Q.J2**

**IF MORE THAN 1 NON-DEPLOYMENT RELATED TRAUMA, GO TO Q.J1**

**AFFIRMATIVE ANSWERS TO \* D ITEMS SHOULD APPEAR IN THE DEPLOYMENT-RELATED**

## **J. Post-Traumatic Stress Disorder**

Now, please consider the lifetime events we just discussed.

[IF THERE IS ONLY ONE NON-DEPLOYMENT RELATED TRAUMA, SELECT IT AND SKIP TO J2]

J1. Of the events we just discussed that were not deployment-related, which event would you consider the worst?

[\*H1a- \*H37a RANDOM PICK1], OR

[\*H1a-H37a RANDOM PICK2], OR

is there some other non-deployment-related event that you have experienced that you would consider the worst? [PROBE: Would you like me to read the list of items you mentioned?]

- 1 \_\_\_\_\_  
98 [VOL] Don't know  
99 [VOL] Refused

**[LIST NON-DEPLOYMENT EVENTS ANSWERED 'YES' FROM \*H1a-\*H37a TRAUMA QUESTIONS]**

[CATI: IF J1=DK/REF RANDOMLY SELECT A NON-DEPLOYMENT-RELATED EVENT ANSWERED 'YES' FROM \*H1a-\*H37A]

**[CATI: DEFINE "WORST NON-DEPLOYMENT RELATED TRAUMA" AS ANSWER TO J1 OR SINGLE NON-DEPLOYMENT EVENT CODED FROM \*H1a-\*H37a TRAUMA QUESTIONS]**

J2. During approximately what year did this event -- [WORST N-D TRAUMA] -- occur?  
[PROBE: Your best estimate is fine.] [IF THERE WAS MORE THAN ONE OCCURRENCE OF THE EVENT, THEN PROBE: Thinking about the WORST time this happened, what year was it? IF THE EVENT WAS ONGOING, PROBE: Thinking about the WORST time during this period, what year was it?]

- 1 \_\_\_\_\_[4 DIGIT YEAR]  
8 [VOL] Don't know  
9 [VOL] Refused

**[ASK IF YEAR REPORTED IN J2=STARTING YEAR OF MOST RECENT DEPLOYMENT IN C12]**

J3. Was this before or after you left on your most recent deployment?

- 1 Before  
2 After  
3 (VOL) During  
8 (VOL) Not sure  
9 (VOL) Refused

Now I'm going to ask you about different thoughts and feelings you may have had because of this event -- [WORST N-D TRAUMA].

J4. When this event occurred, did you feel terrified?

- 1 Yes  
2 No

- 8 [VOL] Don't know  
9 [VOL] Refused

J5. When this event occurred, did you feel helpless?

- 1 Yes  
2 No  
8 [VOL] Don't know  
9 [VOL] Refused

[CATI NOTE: Display the event at the top of each screen for reference]

Now I'm going to ask you about problems and complaints you may have had because of this event. Please tell me how much you were ever bothered by each of these problems in relation to this stressful experience.

READ IN ORDER	Not at all	A little bit	Moderately	Quite a bit	Extremely	(VOL) DK	(VOL) RF
J6. How much were you ever bothered by: Repeated, disturbing memories, thoughts, or images of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J7. How much were you ever bothered by: Repeated, disturbing dreams of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J8. How much were you ever bothered by: Suddenly acting or feeling as if this stressful experience were happening again (as if you were reliving it)? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J9. How much were you ever bothered by: Feeling very upset when something reminded you of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9



J10. How much were you ever bothered by: Having physical reactions (e.g., such as heart pounding, trouble breathing, sweating) when something reminded you of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J11. How much were you ever bothered by: Avoiding thinking about or talking about this stressful experience or avoiding having feelings related to it? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J12. How much were you ever bothered by: Avoiding activities or situations because they reminded you of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J13. How much were you ever bothered by: Trouble remembering important parts of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J14. How much were you ever bothered by: Loss of interest in activities that you used to enjoy (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J15. How much were you ever bothered by: Feeling distant or cut off from other people? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J16. How much were you ever bothered by: Feeling emotionally numb or being unable to have loving feelings for those close to you?	1	2	3	4	5	8	9

(Would you say not at all, a little bit, moderately, quite a bit, or extremely?)							
J17. How much were you ever bothered by: Feeling as if your future will somehow be cut short? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J18. How much were you ever bothered by: Trouble falling or staying asleep? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J19. How much were you ever bothered by: Feeling irritable or having angry outbursts? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J20. How much were you ever bothered by: Having difficulty concentrating? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J21. How much were you ever bothered by: Being "super-alert" or watchful or on guard? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J22. How much were you ever bothered by: Feeling jumpy or easily startled? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9

**[IF ANY J6 – J22 > 1 EXCLUDING DON'T KNOW OR REFUSED, GO TO J23, OTHERWISE GO TO J28.]**

J23. How difficult did these problems make it for you to do your work, take care of things at home, or get along with other people? Would you say READ CHOICES]?

- 1 Not difficult at all
- 2 Somewhat difficult
- 3 Very difficult
- 4 Extremely difficult

- 8 [VOL] Don't know
- 9 [VOL] Refused

J23a. When you had several of these bad moods, feelings, and memories, how distressing was it for you? Was it [READ CHOICES]?

- 1 Not at all distressing
- 2 Mildly distressing
- 3 Moderately distressing
- 4 Severely distressing
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[ASK J24 ONLY IF MORE THAN ONE QJ6-QJ22 ANSWERED 2-6, OTHERWISE GO TO J25]**

J24. Did these experiences or feelings you've had ever seem to go together or happen at the same time?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

J25. How soon after this stressful experience did you start to have any of these problems you've mentioned?  
[READ CHOICES IF NEEDED TO PROBE]

- 1 Same day
- 2 That week
- 3 Within 30 days
- 4 Within 6 months
- 5 Within 1 year
- 6 More than 1 year
- 8 [VOL] Don't know
- 9 [VOL] Refused

J26. What was the longest period of time during which you were having these problems? [READ CHOICES IF NEEDED TO PROBE]

- 1 Less than 1 month
- 2 Between 1 and 3 months
- 3 Between 3 and 6 months
- 4 Between 6 months and 1 year
- 5 More than 1 year
- 8 [VOL] Don't know
- 9 [VOL] Refused

J27. When was the most recent time that you had any of these problems as a result of this stressful experience? [READ CHOICES IF NEEDED TO PROBE]

- 1 Within the last week
- 2 Within the last 30 days
- 3 Within the past 12 months
- 4 More than 12 months ago

- 8 [VOL] Don't know  
9 [VOL] Refused

#### **CATI INSTRUCTIONS**

**IF NEVER DEPLOYED (C10=0), GO TO SECTION K**  
**IF ANY DEPLOYMENT-RELATED EVENTS REPORTED IN \*Hb1-\*Hb37 or \*D SERIES, ASK J28,**  
**OTHERWISE ASK J29**

#### **DEPLOYMENT-RELATED PTSD**

Now, please think about stressful experiences you have had in your lifetime that that were **deployment-related**.

J28. You mentioned that you experienced [READ-IN:[IF THERE IS ONLY ONE DEPLOYMENT- RELATED TRAUMAS FROM \*H1b-\*H22b], SELECT IT AND SKIP TO INSTRUCTIONS AT J30]

J28. You mentioned that you experienced stressful events related to your most recent deployment such as  
[\*H1a-H37a RANDOM PICK1],OR  
[\*H1a-H37a RANDOM PICK2],

. [IF SUM(D\*ITEMS)>0, READ: You also told us earlier that you experienced other events during your most recent deployment such as  
[\*D RANDOM PICK1], OR  
[\*D RANDOM PICK2]

Thinking about these deployment-related events we have already discussed or some other deployment-related event, which event would you consider the worst? [PROBE: Would you like me to read the list of items you mentioned?]

**[CATI: SHOW ALL TRAUMAS IN THE LIST FROM \*H1b-\*H37b & \*D ITEMS & \*D ITEMS + OTHER]**

- 1 \_\_\_\_\_  
97 OR SOME OTHER EVENT RELATED TO YOUR MOST RECENT DEPLOYMENT? (SPECIFY)  
98 [VOL] Don't know  
99 [VOL] Refused

[CATI: IF J28 IS "DK" OR "REF" RANDOMLY SELECT TRAUMA FROM LIST OF DEPLOYMENT RELATED EVENTS FROM \*H1b-\*H37b & \*D ITEMS – EXCLUDE "WORST NON-DEPLOYMENT RELATED TRAUMA" FROM THIS RANDOM SELECTION]

**[ASK J29 ONLY IF NO DEPLOYMENT TRAUMAS FROM \*H1b-\*H37b AND \*D ITEMS]**

J29. Have you experienced any extraordinarily stressful events that were related to your most recent deployment that we have not asked you about?

- 1 Yes (SPECIFY)

- 2 No **[SKIP TO NEXT SECTION]**
- 98 (VOL) Not sure **[SKIP TO NEXT SECTION]**
- 99 (VOL) Refused **[SKIP TO NEXT SECTION]**

**DEFINE “WORST DEP TRAUMA” AS ANSWER TO J28 or J29. IF “WORST DEP TRAUMA” IN J28 IS THE SAME AS “WORST NON-DEP TRAUMA”, ASK J30 OTHERWISE SKIP TO J31:**

J30. We just discussed your experiences and feelings about [WORST NON-DEP TRAUMA] as not being deployment-related. Was there a different time this occurred when it was related to your deployment, or are you referring to the same event as being the worst deployment-related experience you have had?

- 1 Different event **[CONTINUE]**
- 2 Same event **[IF J28>1 RE-ASK J28 BUT REMOVE WORST NON-DEP TRAUMA FROM LIST, OTHERWISE SKIP TO SECTION K]**
- 8 Not sure **[CONTINUE]**
- 9 Refused **[SKIP TO NEXT SECTION]**

J31. During approximately what year did event [WORST DEP TRAUMA] occur?  
[PROBE: Your best estimate is fine.] [IF THERE WAS MORE THAN ONE OCCURRENCE OF THE EVENT, THEN PROBE: Thinking about the worst time this happened, what year was it?

- 1 \_\_\_\_\_[4 DIGIT YEAR]
- 8 [VOL] Don't know
- 9 [VOL] Refused

Now I'm going to ask you about different thoughts and feelings you may have had because of [WORST DEP TRAUMA].

J31a. When this event occurred, did you feel terrified?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

J31b. When this event occurred, did you feel helpless?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

[CATI NOTE: Display the event at the top of each screen for reference] Now I'm going to ask you about problems and complaints you may have had because of this event that was related to your deployment. Please tell me how much you were ever bothered by each of these problems in relation to this stressful experience.

READ IN ORDER	Not at all	A little bit	Moderately	Quite a bit	Extremely	(VOL) DK	(VOL) RF
J32. How much were you ever bothered by: Repeated, disturbing memories, thoughts, or images of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J33. How much were you ever bothered by: Repeated, disturbing dreams of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J34. How much were you ever bothered by: Suddenly acting or feeling as if this stressful experience were happening again as if you were reliving it? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J35. How much were you ever bothered by: Feeling very upset when something reminded you of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J36. How much were you ever bothered by: Having physical reactions, such as heart pounding, trouble breathing, sweating when something reminded you of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J37. How much were you ever bothered by: Avoiding thinking about or talking about this stressful experience or avoiding having feelings related to	1	2	3	4	5	8	9

it? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)							
J38. How much were you ever bothered by: Avoiding activities or situations because they reminded you of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J39. How much were you ever bothered by: Trouble remembering important parts of this stressful experience? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J40. How much were you ever bothered by: Loss of interest in activities that you used to enjoy? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J41. How much were you ever bothered by: Feeling distant or cut off from other people? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J42. How much were you ever bothered by: Feeling emotionally numb or being unable to have loving feelings for those close to you? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J43. How much were you ever bothered by: Feeling as if your future will somehow be cut short? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J44. How much were you ever bothered by: Trouble falling or staying asleep? (Would you say not at all, a little bit,	1	2	3	4	5	8	9

moderately, quite a bit, or extremely?)							
J45. How much were you ever bothered by: Feeling irritable or having angry outbursts? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J46. How much were you ever bothered by: Having difficulty concentrating? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J47. How much were you ever bothered by: Being "super-alert" or watchful or on guard? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9
J48. How much were you ever bothered by: Feeling jumpy or easily startled? (Would you say not at all, a little bit, moderately, quite a bit, or extremely?)	1	2	3	4	5	8	9

**[IF ANY OF QUESTIONS J32-J48 > 1 EXCLUDING DON'T KNOW OR REFUSED, GO TO J49; OTHERWISE GO TO NEXT SECTION.]**

J49. How difficult did these problems make it for you to do your work, take care of things at home, or get along with other people? Would you say [READ CHOICES]?

- 1 Not difficult at all
- 2 Somewhat difficult
- 3 Very difficult
- 4 Extremely difficult
- 8 [VOL] Don't know
- 9 [VOL] Refused

J49a. When you had several of these bad moods, feelings, and memories, how distressing was it for you? Was it [READ CHOICES]?

- 1 Not at all distressing
- 2 Mildly distressing
- 3 Moderately distressing
- 4 Severely distressing
- 8 [VOL] Don't know
- 9 [VOL] Refused



**[ASK J50 ONLY IF MORE THAN ONE QJ32-QJ48 ANSWERED 2-5 – ELSE GO TO J51]**

J50. Did these experiences or feelings you've had ever seem to go together or happen at the same time?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

J51. How soon after this stressful experience did you start to have any of these problems you've mentioned?  
[READ CHOICES IF NEEDED TO PROBE]

- 1 Same day
- 2 That week
- 3 Within 30 days
- 4 Within 6 months
- 5 Within 1 year
- 6 More than 1 year
- 8 [VOL] Don't know
- 9 [VOL] Refused

J52. What was the longest period of time during which you were having these problems? [READ CHOICES IF NEEDED TO PROBE]

- 1 Less than 1 month
- 2 Between 1 and 3 months
- 3 Between 3 and 6 months
- 4 Between 6 months and 1 year
- 5 More than 1 year
- 8 [VOL] Don't know
- 9 [VOL] Refused

J53. When was the most recent time you had any of these problems as a result of this stressful experience?  
[READ CHOICES IF NEEDED TO PROBE]

- 1 Within the last week
- 2 Within the last 30 days
- 3 Over a month ago, but within the past 3 months,
- 4 Over 3 months ago, but within the past 6 months,
- 5 Over 6 months ago, but within the past 12 months,
- 6 More than 12 months ago
- 8 [VOL] Don't know
- 9 [VOL] Refused

(READ IF NEEDED: There are about xx minutes of the interview left and this is a good breaking point between sections. Let me know if you need to take a break.)



## K. Depression

The next questions are about ways you may have been feeling or may have behaved.

Ka. In your lifetime, did you ever have a period of at least two weeks during which you were bothered by [ITEM]?

Yes

No

(VOL) Don't know

(VOL) Refused

[IF 'YES' to a , ASK b and c]

b. When this occurred, were you bothered by this problem: [READ LIST]

c. Did this occur during the past 30 days, or not?

	a. In your lifetime, did you ever have a period of at least two weeks during which you were bothered by		b. When this occurred, were you bothered by this problem: [READ LIST]				c. Did this occur during the past 30 days, or not?	
[DO NOT SHUFFLE ITEMS]	Yes	No	Several days	More than half the days	Nearly every day	(vol) DK/REF	Yes	No
K1. Little interest or pleasure in doing things.	1	2	1	2	3	8/9	1	2
K2. Feeling down, depressed, or hopeless	1	2	1	2	3	8/9	1	2
K3. Trouble falling or staying asleep, OR sleeping too much	1	2	1	2	3	8/9	1	2
K4. Feeling tired or having little energy	1	2	1	2	3	8/9	1	2
K5. Poor appetite OR overeating	1	2	1	2	3	8/9	1	2
K6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down	1	2	1	2	3	8/9	1	2
K7. Trouble concentrating on things, such as reading the newspaper or watching television	1	2	1	2	3	8/9	1	2
K8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	1	2	1	2	3	8/9	1	2
K9. Thoughts that you would be better off dead or of hurting yourself in some	1	2	1	2	3	8/9	1	2

way								
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**[IF 'YES' TO ANY QUESTIONS K1-K9 GO TO K10; OTHERWISE GO TO NEXT SECTION.]**

K10. How difficult have these problems ever made it for you to do your work, take care of things at home, or get along with other people? Would you say [READ CHOICES]

[NOTE: READ ONLY IF NEEDED: "these problems" refers to problems that you mentioned being bothered by in just the past several questions which were about how you were feeling or may have behaved.

- 1 Not difficult at all
- 2 Somewhat difficult
- 3 Very difficult
- 4 Extremely difficult
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[ASK IF MORE THAN 1 'YES' TO K1-K9 – ELSE SKIP TO K11a]**

K11. Did these experiences or feelings you've had ever seem to go together or happen at the same time?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

K11a. What was the longest period of time during which you were having these problems? [READ CHOICES IF NEEDED TO PROBE]

- 1 Less than 1 month
- 2 Between 1 and 6 months
- 3 Between 6 months and 1 year
- 4 More than 1 year
- 8 [VOL] Don't know
- 9 [VOL] Refused

K12. At what age did you first begin to have these problems?

\_\_\_\_\_ [AGE; RANGE 5-97] [98 = DON'T KNOW; 99 = REFUSE]

**[IF K12 IS <13, PROBE:]**

K12a When you say [ANSWER], is that how old you were at the time?

Yes [CONTINUE]  
No [RETURN TO K12 FOR NEW RESPONSE]

[If ANSWER to K12 is same as ANSWER from C14 PLUS OR MINUS ONE YEAR go to K12b, otherwise go to K13]

K12b. Did this start before, after or during your most recent deployment?

- 1 Before
- 2 After

- 3 During
- 8 [VOL] Don't know
- 9 [VOL] Refused

K13. When was the most recent time that you had any of these problems? [READ CHOICES IF NEEDED TO PROBE]

- 1 Within the last week
- 2 Within the last 30 days
- 3 Over a month ago, but within the past 3 months,
- 4 Over 3 months ago, but within the past 6 months,
- 5 Over 6 months ago, but within the past 12 months,
- 6 More than 12 months ago
- 8 [VOL] Don't know
- 9 [VOL] Refused

[ASK ALL]

K14. Have you ever been diagnosed by a physician or health professional with...

a. Posttraumatic stress disorder (P.T.S.D.)

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

a1. [If C10>0] Was this before, since or both before and since your most recent deployment?

- 1 BEFORE
- 2 SINCE
- 3 BOTH
- 7 [VOL] During
- 8 [VOL] Don't know
- 9 [VOL] Refused

b. Depression

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

b1. [If C10>0] Was this before, since or both before and since your most recent deployment?

- 1 BEFORE
- 2 SINCE
- 3 BOTH
- 7 [VOL] During
- 8 [VOL] Don't know
- 9 [VOL] Refused

c. Anxiety Disorder

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

c1. [If C10>0] Was this before, since or both before and since your most recent deployment?

- 1 BEFORE
- 2 SINCE
- 3 BOTH
- 7 [VOL] During
- 8 [VOL] Don't know
- 9 [VOL] Refused

## W. Risky Health Behaviors

Next, I am now going to ask about driving...

W1. How often do you use seat belts when you drive or ride in a car? Would you say: [READ CHOICES]

- 1 Always
- 2 Nearly always
- 3 Sometimes
- 4 Seldom
- 5 Never
- 6 Never ride in a car [VOL]
- 8 Don't Know [Vol]
- 9 Refused [Vol]

IF ANSWER TO W1 IS "NEVER RIDE IN A CAR" THEN SKIP TO W 7

W2. In the past 30 days, how many times have you driven when you've had perhaps too much to drink?

\_\_\_\_ Number of times [0-30]

- 31 31+
- 88 Don't Know [Vol]
- 99 Refused [Vol]

W3. In the past year, have you ever become impatient with a slow driver in the fast lane and passed them on the right?

[READ CHOICES]

- 1 Never
- 2 Hardly Ever
- 3 Occasionally
- 4 Quite Often
- 5 Frequently
- 6 Nearly all the time
- 8 Don't Know
- 9 Refused

W4. In the past year have you crossed an intersection knowing that the traffic lights have already changed from yellow to red? [READ CHOICES]

- 1 Never
- 2 Hardly Ever
- 3 Occasionally
- 4 Quite Often
- 5 Frequently
- 6 Nearly all the time
- 8 Don't Know
- 9 Refused

W5. In the past year have you disregarded speed limits late at night or early in the morning? [READ CHOICES]

- 1 Never
- 2 Hardly Ever
- 3 Occasionally
- 4 Quite Often
- 5 Frequently
- 6 Nearly all the time
- 8 Don't Know
- 9 Refused

W6. In the past year have you underestimated the speed of an oncoming vehicle when attempting to pass a vehicle in your own lane.? [READ CHOICES]

- 1 Never
- 2 Hardly Ever
- 3 Occasionally
- 4 Quite Often
- 5 Frequently
- 6 Nearly all the time
- 8 Don't Know

Refused

W7. I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You do not need to tell me which one. [READ LIST]

- You have used intravenous drugs in the past year.
- You have been treated for a sexually transmitted or venereal disease in the past year.
- You have given or received money or drugs in exchange for sex in the past year.
- You had anal sex without a condom in the past year.

Do any of these situations apply to you?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused



## M. Cigarette Use

Next, I have a few questions about cigarettes...

M1a. At any point in your life, did you smoke cigarettes on at least some days?

- 1 Yes **[ASK M1b]**
- 2 No **[SKIP TO NEXT SECTION]**
- 8 [VOL] Don't know **[SKIP TO NEXT SECTION]**
- 9 [VOL] Refused **[SKIP TO NEXT SECTION]**

M1b. At any point in your life, did you smoke cigarettes everyday?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

M1c. Thinking about just the past 30 days... Out of the past 30 days, how many days did you smoke cigarettes? Your best estimate is fine.

- 1 \_\_\_ Days used out of 30 **[0-30]**
- 98 [VOL] Don't Know
- 99 [VOL] Refused

### **[ASK IF M1c IS 1 OR GREATER]**

M1d. In the past 30 days, on those days when you smoked, on average, how many cigarettes did you smoke per day? Your best estimate is fine and a pack = 20.

- 1 \_\_\_ Cigarettes per day **[0-60]**
- 61 61 cigarettes or more
- 98 [VOL] Don't Know
- 99 [VOL] Refused

## N. Alcohol

The next series of questions is about drinking alcohol beverages like beer, wine or liquor...

N1. At any point in your lifetime did you ever drink alcohol?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[IF "YES", GO TO NEXT QUESTION; OTHERWISE GO TO NEXT SECTION.]**

### **In your lifetime:**

N2. Did you ever need to drink more in order to get the same effect that you did when you first started drinking?

- 1 Yes
- 2 No
- 8 [VOL] Don't know

9 [VOL] Refused

N3. Did you ever have times when you cut down on drinking and as a result your hands shook, you sweated more or felt agitated?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

N4. Did you drink to avoid these symptoms (for example, "the shakes", sweating or agitation?) or to avoid being hungover? **[DP NOTE: IF "YES" TO EITHER QUESTION N3 OR N4, CODE N4 AS "YES".]**

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

N5. During the times when you drank alcohol, did you ever end up drinking more than you planned when you started?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

N6. Have you ever tried to reduce or stop drinking alcohol but failed?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

N7. On the days that you drank, did you spend substantial time in obtaining alcohol, drinking, or in recovering from the effects of alcohol?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

N8. Did you ever spend less time working, enjoying hobbies, or being with others because of your drinking?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

N9. Have you ever continued to drink even though you knew that the drinking caused you physical or mental health problems?

1 Yes

2 No

8 [VOL] Don't know

9 [VOL] Refused

**In your lifetime:**

N10. Have you ever been intoxicated, high, or hungover from alcohol more than once when you had other responsibilities at school, at work, or at home?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[IF 'YES']**

N11. Did this cause any problems?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

N12. Have you ever been intoxicated from alcohol in any situation where you were physically at risk, for example, driving a car, riding a motorbike, using machinery, boating, etc.?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

N13. Have you ever had any legal problems because of your drinking, for example, an arrest or disorderly conduct?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

N14. Have you ever continued to drink even though your drinking caused problems with your family or other people?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[IF 'YES' TO ANY N12-N14 ASK N15 ELSE SKIP TO N19]**

N15. How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? Would you [READ CHOICES]?

[NOTE: READ ONLY IF NEEDED : "these problems" refers to problems that you mentioned being bothered by in just the past few questions which were about alcohol.

- 1 Not difficult at all
- 2 Somewhat difficult
- 3 Very difficult
- 4 Extremely difficult
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[IF 'YES' TO MORE THAN ONE N12-N14 ASK N16 ELSE SKIP TO N16a]**

N16. Did these experiences or feelings you've had ever seem to go together or happen at the same time?

- 1 Yes

- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

N16a. What was the longest period of time during which you were having these problems? [READ CHOICES IF NEEDED TO PROBE]

- 1 Less than one week
- 2 Less than 1 month
- 3 Between 1 and 6 months
- 4 Between 6 months and 1 year
- 5 More than 1 year
- 8 [VOL] Don't know
- 9 [VOL] Refused

N17. At what age did you first begin to have these problems?

\_\_\_\_\_ [AGE; RANGE 5-97] [98 = DON'T KNOW; 99 = REFUSE]

**[IF N17 IS <13, PROBE:]**

N17a When you say [ANSWER], is that how old you were at the time?

Yes **[CONTINUE]**

No **[RETURN TO N17 FOR NEW RESPONSE]**

[If ANSWER to N17 is same as ANSWER from C14 PLUS OR MINUS ONE YEAR go to N17b, otherwise go to N18]

N17b. Did this start before, after or during your most recent deployment?

- 1 Before
- 2 After
- 3 During
- 8 [VOL] Don't know
- 9 [VOL] Refused

N18. When was the most recent time that you had any of these problems? [READ CHOICES IF NEEDED TO PROBE]

- 1 Within the last week
- 2 Within the last 30 days
- 3 Over a month ago, but within the past 3 months,
- 4 Over 3 months ago, but within the past 6 months,
- 5 Over 6 months ago, but within the past 12 months,
- 6 More than 12 months ago
- 8 [VOL] Don't know
- 9 [VOL] Refused

N19. Thinking about just the **past 30 days**, on how many days did you drink any alcoholic beverages? Your best estimate is fine.

- 1 \_\_\_ Days used of out 30 [0-30]
- 98 [Vol] Don't Know

99 [Vol] Refuse

**[IF N19 IS 1 DAYS OR GREATER, GO TO N20; OTHERWISE GO TO NEXT SECTION.]**

N20. A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days when you drank alcohol over the **past 30 days**, on average, how many drinks did you have each day? Your best estimate is fine.

1 \_\_\_ \_\_\_ Drinks per day [0-2019]

20 20 drinks or more

98 [VOL] Don't Know

99 [VOL] Refused



## R. Use of Mental Health Services

Now I'm going to ask you about your past use of services that help with problems with emotions or nerves, or problems with the use of alcohol or drugs.

R8. Did you ever in your lifetime go to see of the following professionals or self-hep groups for for problems with your emotions or nerves, or for problems with the your use of alcohol or drugs?

	Yes	No	DK/RF
a. A physician?	1	2	8
b. A psychiatrist?	1	2	8
c. A psychologist?	1	2	8
d. A minister, priest, rabbi or other spiritual advisor?	1	2	8
e. Another type of mental health professional?	1	2	8
f. A self-help group, such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA)?	1	2	8

### [ASK R9 If "YES" TO ANY QUESTIONS]

R9. Did you get enough help to meet this need?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused

### [ASK R10 If "YES" TO ANY QUESTIONS IN R8 AND C10>0]

R10. Were any of these visits related to any of your deployments?

- 1 Yes
- 2 No
- 8 [VOL] Don't Know
- 9 [VOL] Refused

**[ASK R10b If "YES" TO ANY QUESTIONS IN R8 AND C10=>1]**

R10b. Were any of these visits related to your most recent deployment?

- 1 Yes
- 2 No
- 8 [VOL] Don't Know
- 9 [VOL] Refused

**[ASK R10c If "YES" TO ANY QUESTIONS IN R8 AND C10=>1]**

R10c. How soon did you seek help after your most recent deployment?

- 1 Within the week after
- 2 Within 30 days
- 3 Over a month, but within 3 months,
- 4 Over 3 months, but within 6 months,
- 5 Over 6 months, but within 12 months,
- 6 More than 12 months after
- 8 [VOL] Don't know
- 9 [VOL] Refused

**[ASK R11 If "YES" TO ANY QUESTIONS IN R8]**

R11. Were any of these services provided by the military, Tricare and/or the V.A. (Veterans' Administration)

[NOTE: This includes referrals to other locations which were made and covered by the military, Tricare or V.A.]?

- 1 Yes
- 2 No
- 8 [VOL] Don't know
- 9 [VOL] Refused



## S. DEMOGRAPHICS

This series of questions is for statistical purposes only, to help us analyze the results of the study.

S1. First, please tell me your date of birth.

- 1 [INTERVIEWER: ENTER IN MM/DD/YYYY FORMAT. EX: JANUARY 2, 1965=01/02/1965]  
[CATI: ALLOW FOR AGES 17 AND OLDER]

\_\_\_\_/\_\_\_\_/\_\_\_\_  
M M D D Y Y Y Y

- 9 [VOL] Refused [SKIP TO S1b]

S1a. So you are [xx] years old, correct?

- 1 Yes [GO TO S2]  
2 No [GO BACK TO S1]  
9 [VOL] Refused [GO TO S1b]

S1b. Can you just tell me into which of the following categories your age falls?

- 1 17 to 24  
2 25 to 34  
3 35 to 44  
4 45 to 54  
5 55 to 64  
6 65 or older  
9 [VOL] Refused

S2. What is your current marital status? Are you: [PLEASE READ EACH CHOICE EXCEPT FOR "DON'T KNOW" OR REFUSED; **MULTIPLE ANSWERS ALLOWED**]

- 1 Married [GO TO S3]  
2 Divorced  
3 Separated  
4 Widowed  
5 Never been married  
8 [VOL] Don't know  
9 [VOL] Refused [GO TO S3]

S2a. Are you currently in a committed relationship, dating casually, or not seeing anyone?

- 1 committed relationship  
2 dating casually  
3 not seeing anyone  
4 [VOL] Other [SPEC: \_\_\_\_\_]  
8 [VOL] Don't know  
9 [VOL] Refused

S3. Are you the parent or primary caretaker of any children who are under 18 years of age (whether they live with you or not)?

- 1 yes  
2 no  
8 don't know

9 refused

IF YES TO S3 go to S3b, OTHERWISE GO TO S4

S3b. How many of these children are living with you currently?

\_\_\_\_\_ NUMBER  
**[DO NOT INCLUDE A DON'T KNOW OR REFUSED CODE]**

S4. What kind of health care coverage do you currently have to pay for your health care expenses? Are you covered by: [READ LIST AND SELECT ALL THAT APPLY]

1. Your civilian employer's healthcare plan
2. Your spouse or family member's civilian employer's plan
3. Your school's healthcare plan
4. Health insurance coverage you or your family pay for yourself
5. Medicare
6. Medicaid
7. Tri-care
8. Your spouse or family member's Tri-care, active duty or retired military healthcare coverage
9. the Veterans Administration (VA)

98 [VOL] Don't know

99 [VOL] Refused

S5. Are you of Spanish or Hispanic origin?

- 1 Yes
- 2 No **[GO TO S7]**
- 8 [VOL] Don't know **[GO TO S7]**
- 9 [VOL] Refused **[GO TO S7]**

S6. Specifically, what country did most of your Spanish or Hispanic family come from? [PROBE FOR A SINGLE ANSWER, **ALLOW ONLY ONE RESPONSE**]

- 1 Argentina
- 2 Bolivia
- 3 Brazil
- 4 Chile
- 5 Columbia
- 6 Costa Rica
- 7 Cuba
- 8 Dominican Republic
- 9 Ecuador
- 10 El Salvador
- 11 Guatemala
- 12 Honduras
- 13 Mexico
- 14 Nicaragua
- 15 Panama
- 16 Puerto Rico
- 17 Spain
- 18 Venezuela
- 19 Other [SPEC]

- 98 [VOL] Don't know
- 99 [VOL] Refused

S7. How would you describe your racial background? Would you describe yourself as:  
[READ CHOICES] [IF MORE THAN ONE RACE CODE "OTHER, SPECIFY"]

- 1 Asian
- 2 Black or African American
- 3 American Indian or Alaska Native
- 4 Native Hawaiian or Other Pacific Islander
- 5 White
- 6 [VOL] Other [SPEC: \_\_\_\_\_]
- 7 [VOL] Hispanic
- 8 [VOL] Don't know
- 9 [VOL] Refused

S8. What is the highest level of education or schooling you have completed?  
[READ CHOICES IF NEEDED]

- 1 Never attended school
- 2 Kindergarten to 8<sup>th</sup> grade
- 3 Some high school (9<sup>th</sup> to 11<sup>th</sup> grade)
- 4 High school equivalency (GED)
- 5 High school graduate (12<sup>th</sup> grade)
- 6 Technical training (not including military training)
- 7 Some college
- 8 College graduate (4-year)
- 9 Graduate work
- 10 Graduate degree
- 98 [VOL] Don't know
- 99 [VOL] Refused

S9. Do you rent your home or own your home? [IF "LIVING WITH FAMILY" PROBE: IS THE HOME YOU LIVE IN OWNED OR RENTED?]

- 1 Rent home
- 2 Own home (includes paying mortgage)
- 3 Neither
- 8 [VOL] Don't know
- 9 [VOL] Refused

S10. And now, what was your total household income last year from all sources before taxes? Include your income and income from anyone else living in your household. Do not tell me the amount. Please just tell me the answer that best represents your household income.

[IF HESITANT: Income data is important in analyzing health information we collect. For example, the information helps us learn whether people in one income group have particular difficulties accessing different services they might need.]

[F NECESSARY] Include income from jobs, investments, public assistance, unemployment insurance, social security, disability and pension funds, and all other sources?

Was it:

- 1 A, Less than or equal to \$40,000 [GO TO S10a]
- 2 B, More than \$40,000 to \$80,000 [GO TO S10b]
- 3 C, More than \$80,000 [GO TO S10c]

8 [VOL] Don't know [GO TO S11]  
9 [VOL] Refused [GO TO S11]  
[PROBE: Your best estimate is fine.]

S10a. Was that:

1 A, Less than or equal to \$20,000 or  
2 B, More than \$20,000  
8 [VOL] Don't know  
9 [VOL] Refused  
**[GO TO S11]**

S10b. Was that:

1 A, Less than or equal to \$60,000, or  
2 B, More than \$60,000  
8 [VOL] Don't know  
9 [VOL] Refused  
**[GO TO S11]**

S10c. Was that:

1 A, Less than or equal to \$100,000  
2 B, More than \$100,000 to \$150,000, or  
3 C, More than \$150,000  
8 [VOL] Don't know  
9 [VOL] Refused

S13. Now I have some questions about your current or civilian work situation. For each choice, tell me whether or not it applies to you. **[SELECT ALL THAT APPLY]** Are you...

1 Working full-time  
2 Working part-time  
3 Looking for work or unemployed  
4 Retired  
5 A homemaker  
6 A student  
7 On maternity or paternity leave  
8 On illness or sick leave  
9 On disability  
10 Other (SPECIFY: \_\_\_\_\_)  
98 [VOL] Don't know  
99 [VOL] Refused

**[ASK S14 IF WORKING FULL TIME OR PART TIME IN S13]**

S14. As an official part of your civilian job, do you supervise the work of other employees, that is have responsibility for, or tell other employees what to do?

1 Yes  
2 No  
8 [VOL] Don't know  
9 [VOL] Refused

## T. Counseling/Conclusion

T1. Thank you for completing the survey. Before I go, I have just a few more things to take care of, including getting some information so that we can send you the check for \$25 35 that we mentioned at the beginning of the survey. First, I would just like to give you our toll-free number in case you have any additional questions about the project or you need to get in touch with us later on. The principal investigator is Dr. Sandro Galea and you can reach him at 734-763-9784.

T2. Would you like to write our number down? It is 1-888-590-6064.

- 1 Accepts number
- 2 Does not want the number

T2a. And, if you have any questions regarding your rights as a research participant, you may call the Chief Medical Officer at xxxx. Would you like to write his number down? It is xxxxxx.

- 1 Accepts number
- 2 Does not want the number

T13A. We currently have you listed as a [READ FULL RANK TEXT e.g. Specialist].  
Is that your current rank or has it changed?"

- 1 That is my Current Rank
- 2 My rank has changed [ASK B]
- 3 I'm retired/no longer in the Guard [should we remove the rank for these cases or leave the last rank?]

T13B. What is your current rank?

Prelist of Ranks and abbreviations

T3. Now, I just need to verify your name and address so that we can send you your check. [INTERVIEWER: IF RESPONDENT ASKS YOU TO SEND THE MONEY TO A CHARITY, SAY: That is a good idea, but the study protocol requires that I send the check to the person who completes the survey. Then, of course, you can send it along to whatever charity you prefer.]

- 1 Will give address/accept check **[GO TO ADDRESS MODULE]**
- 2 Decline address/decline check

### [IF DECLINE CHECK]

T4. Then just let me verify your address. Having this information will make it easier to contact you in about a year to conduct the next follow-up interview or to send you information on the other parts of the study.

- 1 Will give address **[GO TO ADDRESS MODULE]**
- 2 Decline address

### [ASK ALL]

T5. Email is a good way for us to keep in touch and inform you about our next upcoming survey. Do you have an email address?

YES, WILL GIVE EMAIL      **[CAPTURE EMAIL ADDRESS]**  
NO – DO NOT HAVE EMAIL  
REFUSED TO GIVE EMAIL

T6. Having contact information for someone who always knows how to get in touch with you will also make it easier for us to keep in touch and inform you about our next upcoming survey. Is there someone who always knows how to get in touch with you?

Yes, will give information **[ask for first & last name & phone]**

No, no contacts **[SKIP TO T8]**

Refused **[SKIP TO T8]**

T7. Is there a second person who always knows how to get in touch with you?

Yes, will give information **[ask for first & last name & phone]**

No, no contacts **[SKIP TO T8]**

Refused **[SKIP TO T8]**

Okay, we're almost done. I have just one more thing to take care of before I go.

T8. Some of the questions in this survey can be upsetting or stressful. Were any of the survey questions emotionally upsetting to you?

1 Yes **[ASK T9]**

2 No **[GO TO T10a]**

T9. Are you still feeling emotionally upset or are you okay now?

1 Still upset **[ASK T10]**

2 Feeling okay now **[GO TO T10a]**

T10. If you would like to talk to someone about how you are feeling, I can have someone call you. Would you like our on call counselor to call you?

1 Yes **[GO TO T11]**

2 No **[GO TO T10a]**

[IF K9c= "YES," READ T10a and ASK T10a – ELSE SKIP TO T14]

T10a. Earlier in the survey you mentioned having thoughts within the past 30 days that you would be better off dead or of hurting yourself in some way. If you would like to talk to someone about these thoughts, I can have someone call you. Would you like our on call counselor to call you?

1 Yes **[GO TO T11]**

2 No **[GO TO T14]**

T11. Do you need a counselor to get back to you (today/this evening) or can I have someone call you (tomorrow/Monday) during regular business hours?

1 Need someone to call today/tonight

2 Would like someone to call tomorrow/Monday

T12. What is your name?

T12fn. RECORD first name

\_\_\_\_\_

T12ln. RECORD last name

\_\_\_\_\_

T12ph. What number should we call you back on?

---

**[IF T11 = 1 THEN ASK T12st – T12zip OTHERWISE GO TO T12co]**

T12st. And, where do you live? I need to provide the counselor with your name, address, and telephone number to be sure we are able to reach you. This information will only be used by the counselor to contact you.

RECORD street name and number

---

T12town. RECORD town

---

T12zip. RECORD zip code

---

T12co. RECORD any interviewer comments

---

Okay, I will have someone get back to you soon.

[NOTE TO INTERVIEWER: IF RESPONDENT WANTS TO TALK TO A DOCTOR TODAY/TOMORROW/MONDAY, NOTIFY YOUR SUPERVISOR NOW!]

T16. As a final note, we want to remind you that we will be calling again to follow-up on how you are doing about once a year. If you change your telephone number or address in the meantime, you can let us know about it by calling the toll free number I provided earlier. This information will be provided in the envelope with your check.

[RECORD CODE 2 ONLY IF PERSON SAYS NOT TO CALL AGAIN]

- 1 Continue
- 2 [VOL] Does not want to be called again

Thank you for your participation in this survey. Have a great day/evening.



## CELL PHONE PROTOCOL

Some respondents will supply a phone number in response to the advance letters and they may turn out to be cell phones.

Update phone number needs to be available on the tipresp menu, and updating needs to be enabled in the script where indicated in the following questions.

---

**[CATI: ADD THESE QUESTIONS TO THE SCRIPT IMMEDIATELY AFTER THE RESPONDENT INTRODUCTION]**

P1. Is this number that I called you on a cell phone?

(If asked why: I just want to offer to call you on a land-line phone, or at a time when you are not driving if this is a cell phone)

Yes (GO TO P2)

No (SKIP TO A)

REFUSAL - SOFT (SOFT REFUSAL - THANK & END)

REFUSAL - HARD (HARD REFUSAL - THANK & END)

P2. Is there a land line where you would prefer me to call to conduct the interview?

Yes (UPDATE PHONE TO LAND LINE & SCHEDULE CB)

No, continue on cell phone

REFUSAL – SOFT (SOFT REFUSAL - THANK & END)

REFUSAL - HARD (HARD REFUSAL - THANK & END)

P3. Are you currently driving, or someplace else where it IS NOT safe to talk on your cell phone?

YES/CALL ME LATER (SCHEDULE CALLBACK)

No, respondent can talk now

REFUSAL – SOFT (SOFT REFUSAL - THANK & END)

REFUSAL - HARD (HARD REFUSAL - THANK & END)

P4. Is now a good time to talk?

**(INTERVIEWER: IF EVENINGS / WEEKENDS ARE BETTER BECAUSE RESPONDENT IS NOT CHARGED FOR CELL USAGE, SCHEDULE CALLBACK AND RECORD COMMENTS)**

Yes, now is fine (CONTINUE TO A1a)

No, another time is better (SCHEDULE CALLBACK & record comments about best call times)

REFUSAL – SOFT (SOFT REFUSAL - THANK & END)

REFUSAL - HARD (HARD REFUSAL - THANK & END)

# Trajectories of Mental Health among National Guard and Reserve Forces

DOD Grant: W81XWH-08-2-0204

DOD Grant: W81XWH-08-2-0650

Military Health Research Forum

August 31, 2009 – September 3, 2009

# Study of behavioral and mental health among Guard and Reserve soldiers

- Collaboration between the Uniformed Services University of Health Sciences and the University of Michigan
- Purpose of the study is to assess mental health and service utilization over time among nationally representative sample (2000) National Guard and Reserve soldiers
- Document life course experiences, combat history, other National Guard and Reserve experiences (e.g. humanitarian activity) and civilian traumatic event experiences as determinants of mental health in this group
- Document the trajectories of mental health and well-being over time among these forces

# Trajectories of mental health

- Most mental health research has focused on mental health prevalence and factors associated with psychopathologies at one point in time
- Growing interest to understand mental health processes over time – trajectories of mental health – to more effectively mitigate the long-term consequences of combat and trauma
- Important to understand the factors (e.g. demographics, social support) associated with specific mental health trajectories and how these trajectories may be modified under different contexts

# Potential post-trauma trajectories

Resistance



Trauma T1 T2 T3

Relapsing/remitting



Trauma T1 T2 T3

Resilience



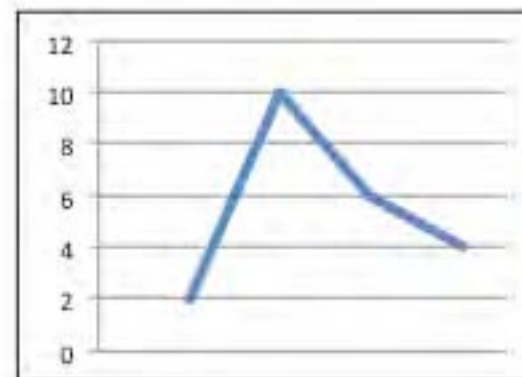
Trauma T1 T2 T3

Delayed dysfunction



Trauma T1 T2 T3

Recovery



Trauma T1 T2 T3

Chronic dysfunction

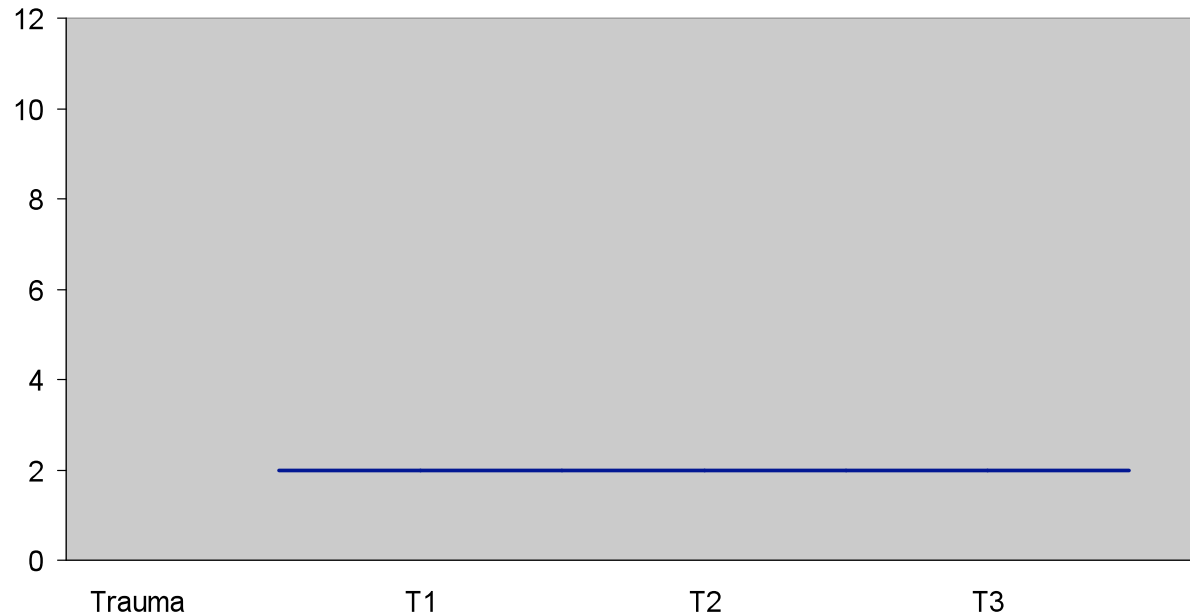


Trauma T1 T2 T3

Norris FH, Tracy M, Galea S. Looking for resilience: understanding the longitudinal trajectories of responses to stress. Soc Sci Med. 2009; 68(12) 2190 -8

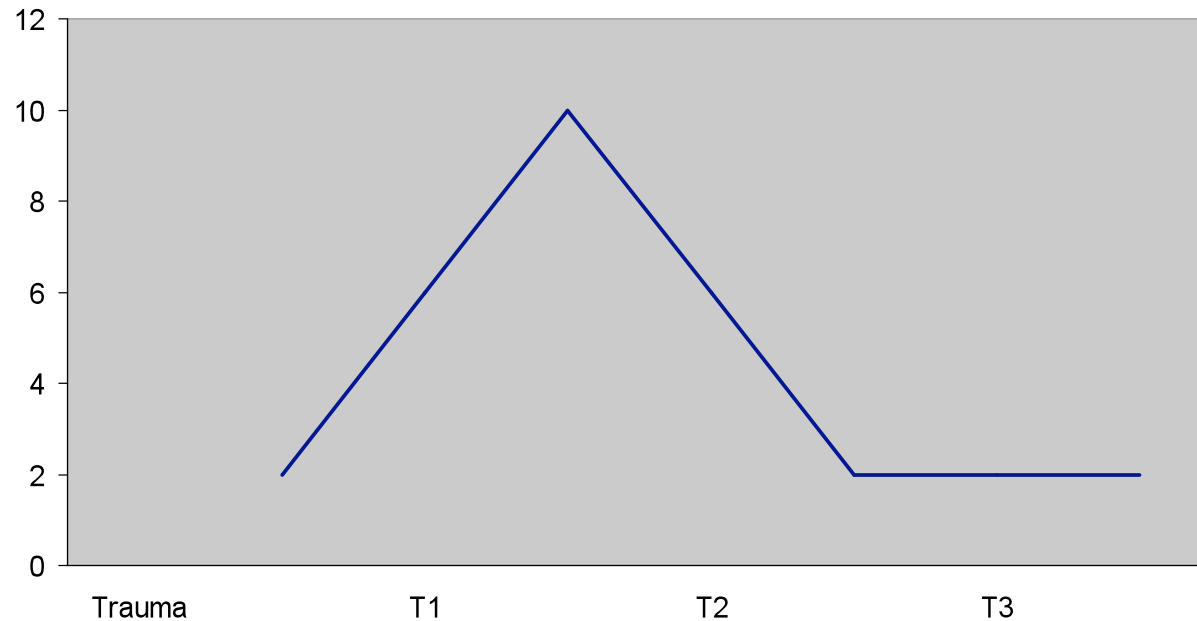
Bonanno GA. Loss, trauma, and human resilience. Have we underestimated the human capacity to thrive after extremely adverse events? American Psychologist. 2004;59(1):20-28.

# Potential post-trauma trajectories: Resistance



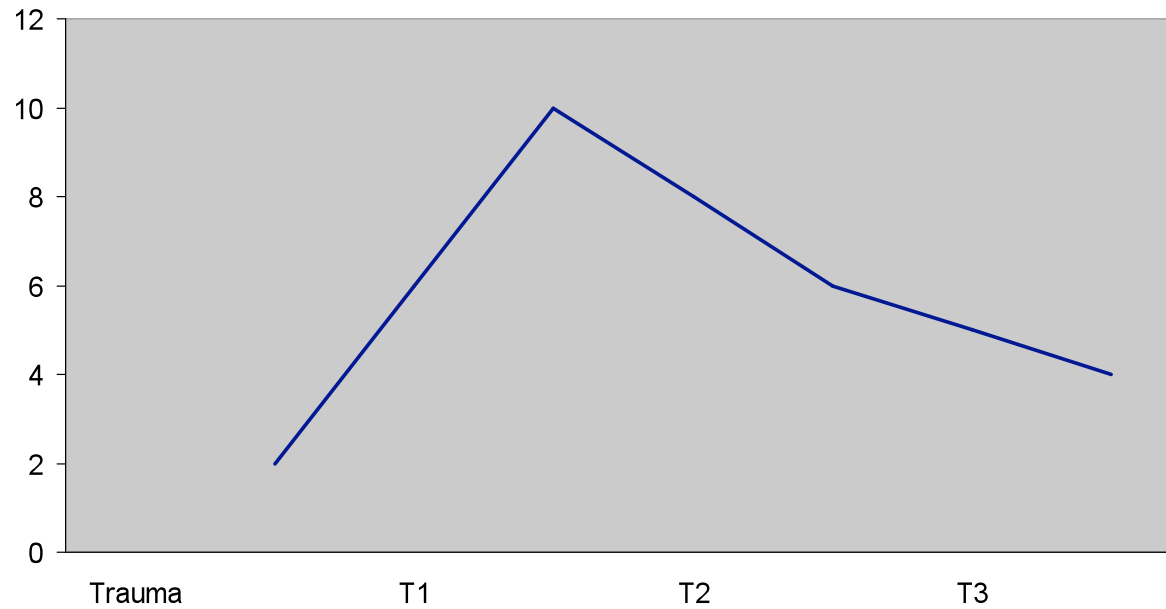
- Minimal dysfunction over time because coping mechanisms are blocking effect of extreme stress
- The most unlikely trajectory after an extreme stressor

# Potential post-trauma trajectories: Resilience



- Period of transient distress following an extreme stressor
- Rapid return to pre-extreme stress level of functioning
- Considered a normal reaction and is the capacity or ability to successfully adapt after a trauma

# Potential post-trauma trajectories: Recovery



- Period of distress following an extreme stressor or trauma
- Gradual return to healthier level of functioning



# Potential post-trauma trajectories

Resistance



Trauma T1 T2 T3

Relapsing/remitting



Trauma T1 T2 T3

Resilience



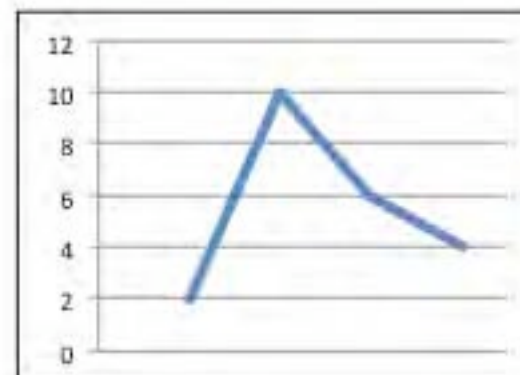
Trauma T1 T2 T3

Delayed dysfunction



Trauma T1 T2 T3

Recovery



Trauma T1 T2 T3

Chronic dysfunction

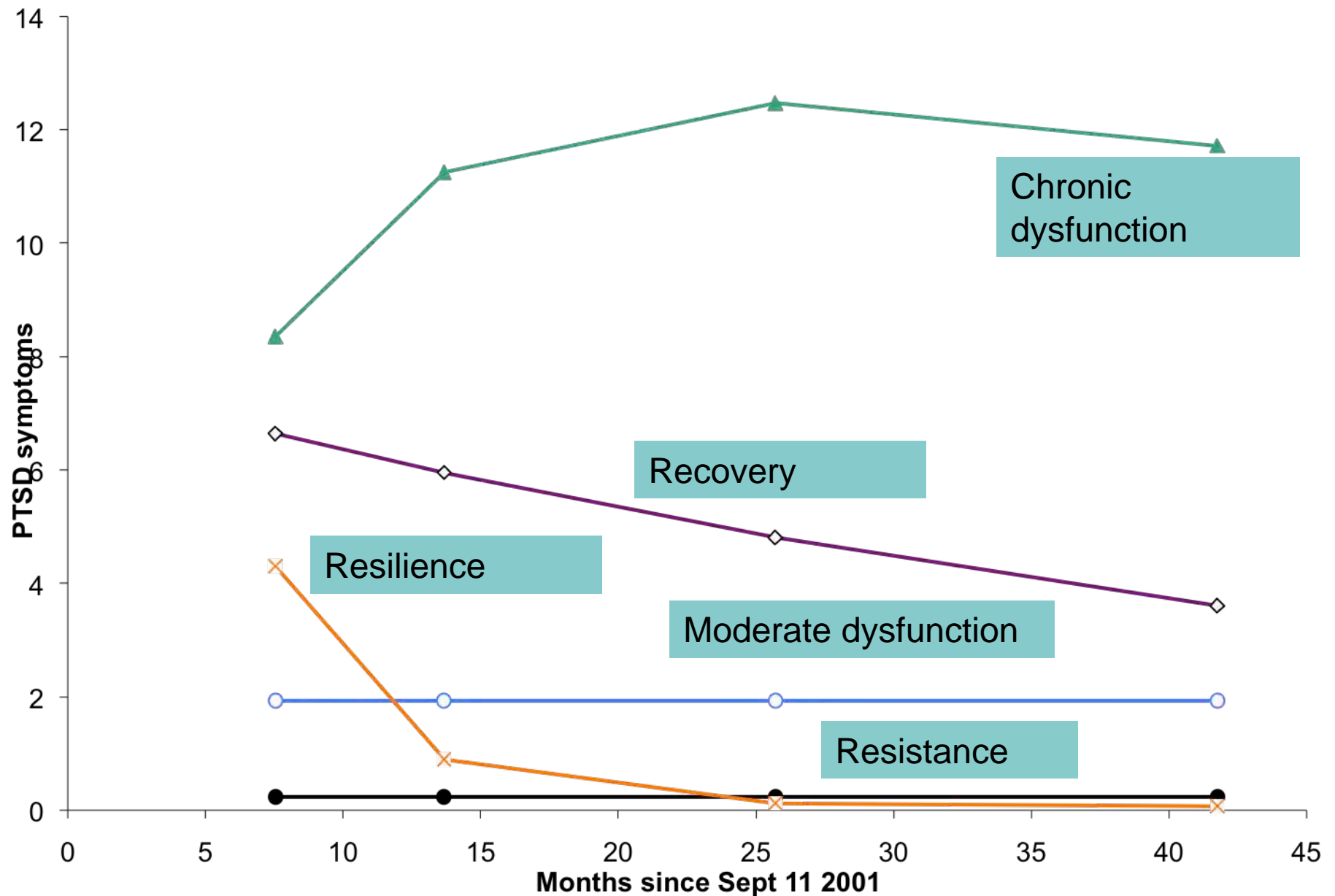


Trauma T1 T2 T3

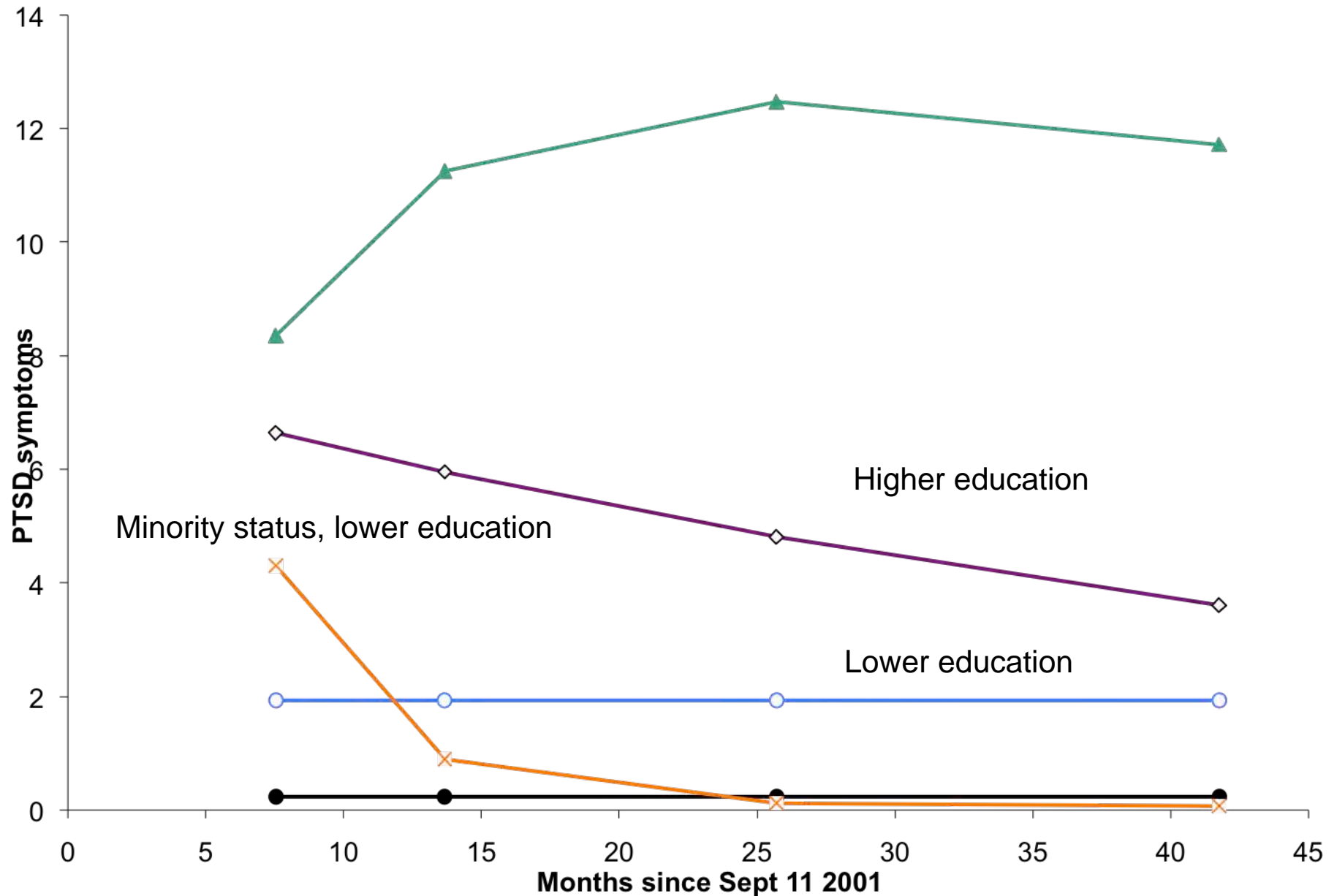
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Bonanno GA. Loss, trauma, and human resilience. Have we underestimated the human capacity to thrive after extremely adverse events? American Psychologist. 2004;59(1):20-28.

# Trajectory of PTSD symptoms



# Trajectory of PTSD symptoms, with determinants



# Mental health trajectories in military populations

- Cross-sectional studies make up the vast majority of the mental health work and few longitudinal studies have focused on identifying various trajectories and the associated determinants
- We know that determinants of mental health differ between military populations and civilians and even within various military populations (e.g. Active duty, Guard, Reserve)
- Therefore, it is important to understand how determinants are associated with the trajectories of mental health within the military context

# Mental health trajectories in the National Guard and Reserve

- The Guard and Reserve forces have been used to a greater extent than ever before
- The military experience in general is different for reserve forces as compared to active duty (e.g. training, home life, health insurance) and these differences over the lifecourse will likely have an impact on the mental health trajectories after combat

## Where do we go from here...

- This research will establish a cohort that could be studied for years to come
- We will document distinct trajectories of psychopathology including resistance to trauma, adaptive/resilient trajectories, chronic dysfunction, recurrence and recovery
- In addition we will document the factors and modifiers of these trajectories which may matter more in the military context and specifically the reserve forces
  - Deployment characteristics
  - Social support
  - Socioeconomic position
  - Personal characteristics

## What this research adds...

- With yearly interviews among reserve forces we will have the ability to differentiate the varied trajectories of mental health its associated factors
  - Orcutt (2004) examined PTSD trajectories but was limited to two main trajectories because interviews were spaced four years apart
- The study will have a nationally representative sample of reserve forces and therefore, the findings will be generalizable for nationwide interventions

# Implications

- Implications of this work include early intervention after exposure to traumatic events (including combat experiences and domestic deployment), training of National Guard and Reserve soldiers, and education of commanding officers and military leadership.